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# vegetarian

## LIVING

### WITH LOVE FROM SCANDINAVIA

SIMPLE AND SEASONAL  
NORDIC DISHES

### EAT YOUR GREENS

Rachel Demuth's  
Italian spin on  
winter veggies

### PERFECTLY PRESERVED

Rubies in the Rubble  
pickles our food surplus

### CHALET COOKING

A COSY ALPINE-INSPIRED  
MENU FOR FRIENDS

44  
MEAT-FREE  
RECIPES

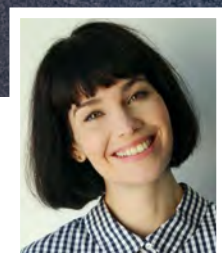
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DAIRY-FREE  
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### HEARTY & HEALTHY

SATISFYING SOLUTIONS  
FOR MIDWEEK MEALS

BETROOT  
TART WITH  
FENNEL  
AND DILL



### VEGAN KITCHEN

Our new columnist  
Áine Carlin bakes  
breakfast doughnuts



### MAGIC MATCHA

Enjoy green tea? Add  
this popular superfood  
to your teatime treats



### WAR ON WASTE

Love your leftovers  
with Hugh Fearnley-  
Whittingstall's recipes



**PLUS:** Chia puddings | Pampering products | Gluten-free ideas





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# Welcome

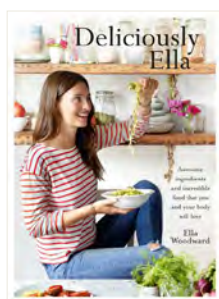
When the festive parties have faded to memories and the last mince pie has been eaten, slipping into a healthy-eating mode is never effortless – especially after a late night on New Year's Eve! I can't help thinking that the main reason most people abandon their resolutions so quickly is that they are often focused on changing something negative, or they want unrealistic, instant results. I generally find that making small but positive changes is more sustainable, whether it's trying a new vegan recipe every week or making time to plan your meals before you shop.

If you've been following Hugh Fearnley-Whittingstall's war on waste recently, you've probably been shocked by the vast scale of edible produce we throw away needlessly. Why not make it your resolution to do your bit at home this year, by buying less and making savvy use of leftovers – and you can start with Hugh's fantastic family-friendly ideas on page 78. Plus, we revisit Rubies in the Rubble on page 46, a company on a mission to stem the tide of waste by making a gorgeous range of chutneys from surplus produce – and try our storecupboard preserves too, on page 29.

It may be cold outside, but you can bring warmth to your table with Lizzie Kamenetsky's wonderful winter menu inspired by the slow-cooked, comforting cuisine of the mountains (page 62); Brontë Aurell, founder of the popular ScandiKitchen Café, makes the best of seasonal and storecupboard ingredients in her flavour-packed Scandi-style dishes (page 36); and Rachel Demuth brings the taste of Italy to our homegrown leafy veg on page 22 – you'll never be reluctant to eat your greens again!

Here's to a month of mindful eating – whatever that means for you.

Lindsey Harrad, Editor



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And receive a FREE copy of *Deliciously Ella*.  
See page 58 for full details.

## APPEARING THIS ISSUE...

© HEIDI SWANSON



50

**HEIDI SWANSON**

'Long after I've forgotten the names of monuments, railway stations or boulevards of a city I've travelled to, the flavours would stay with me. Every place has its own, always evolving, culinary voice'

© NASSIMA ROTHACKER



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**LIZZIE KAMENETZKY**

'The pace of mountain life is something we should all embrace from time to time. We move so fast through our lives, always rushing, never enough time to cook, to eat, to enjoy, but in the mountains, life slows down'

© SIMON WHEELER



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**HUGH FEARNLEY-WHITTINGSTALL**

'It's those seat-of-the-pants, spur-of-the-moment dishes, rustled up from odds and ends loitering in the fridge and cupboards, that often bring me greatest pleasure'

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**WIN!**

A PAIR OF  
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## 3 WAYS TO BUY NEVER MISS AN ISSUE OF VEGETARIAN LIVING

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Subscribe today and receive  
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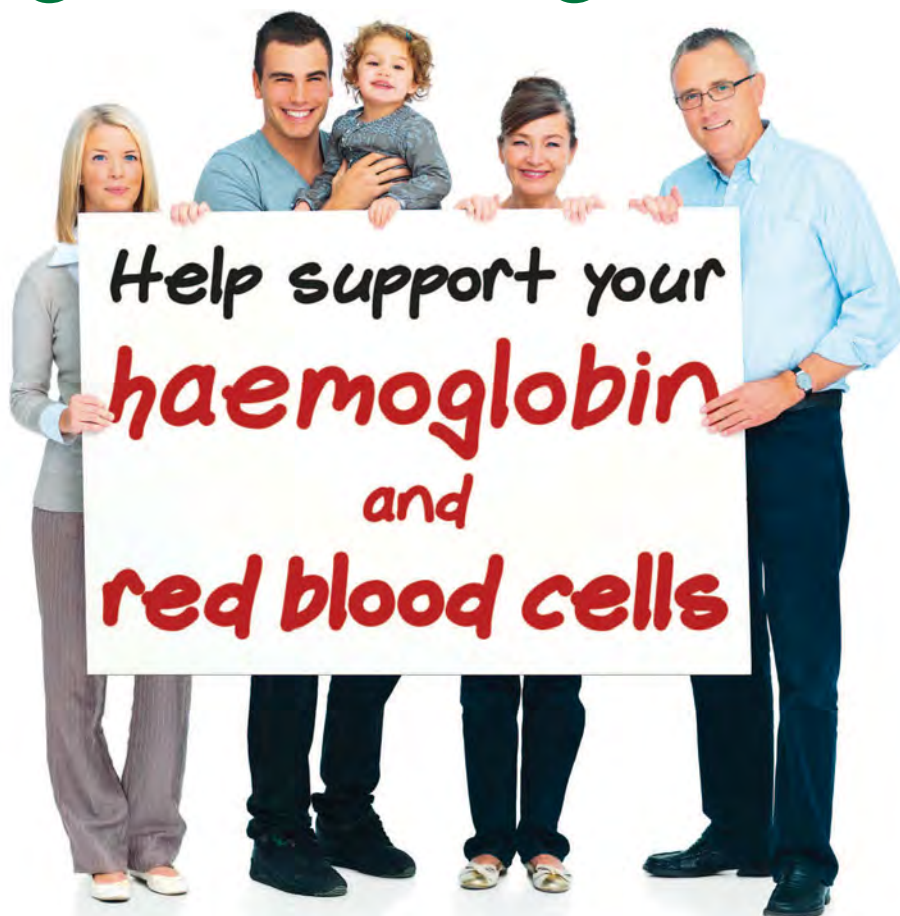
We want to  
become a brand  
that is synonymous  
with tackling  
food waste

JENNY DAWSON,  
RUBIES IN THE RUBBLE, PAGE 46





# Is your family looking for IRON that's gentle and great tasting?



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\*(IRI value data, 52 w/e 6th Sept, 2014).



**VITABIOTICS**  
SCIENCE OF HEALTHY LIVING





## Home brew

Brighten your commute on cold winter mornings with the Happy Jackson travel mug, ideal for taking your homemade coffee to work, or why not switch to healthy herbal tea for the new year?

£6 from [www.daisypark.co.uk](http://www.daisypark.co.uk)



## Spiral bound

The Microplane Spiral Cutter features two blade sizes and is ideal for quick and easy hand spiralizing of fruit and vegetables – perfect for smaller kitchens!

Available from [House of Fraser](http://House of Fraser) in stainless steel (RRP £11.95) and selected cookshops nationwide in black and green (RRP £9.95).



## Easy squeezey

This nifty little lemon juicer allows you to squeeze, pour and store any leftover juice all in one cute little self-contained, low-tech device.

£2.95 from [www.dotcomgiftshop.com](http://www.dotcomgiftshop.com)



## Saved by the bell

In elegant duck egg blue, this stylish wall clock combines a clock and timer to ensure you never miss a school run or burn your pie!

£60 from [www.cuckooland.com](http://www.cuckooland.com)

# BRIGHT IDEAS

Invest in a colourful new kitchen accessory and put the fun into functional.



## Juice it up

The bright Bugatti Vita Citrus Juicer makes a contemporary style statement and produces fresh orange or grapefruit juice for breakfast in a flash.

£149 from [www.redcandy.co.uk](http://www.redcandy.co.uk)



EDITOR'S PICK

## Weigh out

Add a splash of colour to your kitchen with these gorgeous neon pink weighing scales.

£32.95 from [www.rigbyandmac.com](http://www.rigbyandmac.com)



## Zest is best

Give your water a tasty zing by infusing it with fresh citrus such as lemon, lime and clementine using the Zingo water bottle. Compact, lightweight and available in an array of colours in BPA-free plastic, this handy device will ensure you stay hydrated when you're out and about.

£11.99 from [www.johnlewis.com](http://www.johnlewis.com)

## Café direct

Enjoy the authentic barista experience at home with the vibrant red De'Longhi Dedica Pump Espresso Machine, a compact machine that enables you to kick-start your day with everything from a well-balanced shot of espresso to a long creamy latte.

£149.99 from [www.johnlewis.com](http://www.johnlewis.com)



## Perfect mix

This pretty yellow mixer is one of four pastel shades available in the new Kenwood Chef Sense colour collection. The iconic mixer combines vintage-inspired colours with a wide range of functions making it a great all-rounder.

£449.99 from [www.johnlewis.com](http://www.johnlewis.com)



# newshoots

ALL THE LATEST VEGETARIAN AND VEGAN LIFESTYLE NEWS AND PRODUCTS, PLUS WINE, EVENTS AND MUCH MORE...

## New survey reveals best and worst children's menus

As part of its Out to Lunch campaign, the Soil Association has published a new league table ranking the health of children's food in 21 of the UK's most popular restaurant chains. Two years since the first league table, there have been some significant improvements made by a small number of chains, but the Soil Association, working with an army of secret parent diners, uncovered continuing widespread poor practice with many restaurants failing to serve fresh food or healthy choices.

The campaign found restaurants serving potatoes pre-mashed in Holland, cheese from Australia and New Zealand, and other ingredients from all over the world, yet over half the restaurants give no indication of where their food comes from. In addition, three chains still offer children free or discounted refills of high-calorie sugary drinks as standard, when just two fizzy drinks will see a child stack up 17.5 sugar cubes.

Despite much continuing bad practice, the campaign indicates that a revolution in children's food on the high street is underway. The league table reveals significant positive changes – 10 chains are serving a portion of veg or salad with every meal (up from six chains in 2013) and nine chains include information on where ingredients come from on the menu (up from five).

Since launching the campaign in 2013, the Soil Association has been working with participating restaurants to improve children's menus and as a result of the Out to Lunch campaign, over 5.5 million meals served to children this year include healthier options. The biggest contributors to these positive changes are larger chains, like Harvester and Prezzo, and also Giraffe.

Rob Percival from the Soil Association said: 'Adults expect to be offered real food and real choices in restaurants and we think children deserve the same. We've found some upmarket eateries are designing menus that make healthy eating for children almost impossible, and price is no guarantee of quality – lower-cost restaurants are outperforming more expensive chains.'

Jamie's Italian topped the table with a great score of 64 out of 80 (up from 50 two years ago), and Prezzo was the biggest climber, moving an impressive 13 places to sixth position.

Jamie Oliver said: 'Over the last 12 months

RESTAURANTS	TOTAL SCORE OUT OF... 80	STARS
1 JAMIE'S ITALIAN	64	★★★★★
2 HARVESTER	45	★★★★
3 GIRAFFE	44	★★★★
4 HETHERSPROOS	43	★★★★
5 NAGAMAMA	40	★★★
6 PREZZO	38	★★★
7 CAFE ROUGE	38	★★★
8 PIZZA EXPRESS	37	★★★
9 ASK ITALIAN	35	★★★
10 FRANKIE & BENNY'S	34	★★★
11 BEEFEATER	32	★★★
12 Zizzi	32	★★★
13 CARLUCCIOS	30	★★★
14 BREWERS FAYRE	29	★★★
15 MCDONALD'S	29	★★★
16 HUNGRY HORSE	29	★★★
17 NANDO'S	28	★★★
18 PIZZA HUT	27	★★★
19 STRADA	25	★★★
20 KFC	21	★★★
21 BURGER KING	11	★

we've been working really hard to make sure that all the dishes on our kids' menu are not only super-tasty and visually fantastic, but are nutritionally balanced, too. We've always believed that the quality of our kids' food should be just as good as it is on the main menu, and I really feel that we deliver just that – dishes that the kids go mad for, but also that their parents can trust.'

● Download the Soil Association's new eating out guide for families at [www.soilassociation.org/outtolunch/parents](http://www.soilassociation.org/outtolunch/parents).

### 7 steps to healthier menus

THE OUT TO LUNCH CAMPAIGN IS CALLING ON ALL HIGH STREET RESTAURANTS, PUBS AND CAFÉS TO TAKE SEVEN SIMPLE STEPS TO IMPROVE THE SERVICE AND FOOD THEY OFFER CHILDREN:

- 1 Make water freely available and remove sugary drinks from the menu.
- 2 Let children choose from the main menu.
- 3 Serve a portion of veg with every meal and fruit-based puddings.
- 4 Use quality ingredients such as free-range and organic.
- 5 Provide children's cutlery as standard.
- 6 Serve freshly prepared food, not ready meals.
- 7 Make breastfeeding mums feel welcome.



With 50% less fat than standard crisps, Chirps are made from free-range egg whites, making them a high-protein, low-carb snack, ideal for satisfying your savoury cravings. **£1.49 from Holland & Barrett, Amazon and Ocado**

## BETTER BITES

STICK TO YOUR HEALTHY-EATING RESOLUTIONS WITH THESE EASY SNACK SWITCHES.



The new vegan-friendly and gluten-free bars from Perkier contain naturally nutritious wholefood ingredients such as seeds, nuts and sprouted grains. If you're craving a chocolate fix, try the Cacao & Cashew Quinoa bar.

**75p per bar or £1.90 per multipack from Sainsbury's, ASDA and wholefood stores**



If ice cream's your secret vice, switch to a healthier scoop – froyo. Lick Frozen Yogurt is unique for being made from 100% fat-free real yogurt, plus it's low in calories, made of all natural ingredients, and probiotic. **£1.79 for 125ml and £4 for 500ml from Sainsbury's, Waitrose and Ocado**



## EAT LIKE A VEGAN FOR VEGANUARY

There's never been a better time to try going vegan – Beyoncé has given the lifestyle her seal of approval, a vegan cookbook was the fastest-selling of all time this year, and restaurants and cafés are ever-expanding their vegan options. So why not join Veganuary and go vegan for a month?

Supported this year by lead sponsor Nakd, pioneers of the Wholefood Revolution, Veganuary is an accessible awareness month designed to encourage the vegan-curious, vegetarian or health conscious to take the pledge to eat like a vegan for a month. Launched in the UK in January 2014, Veganuary is also supported by Ten Acre, Dee's Wholefoods and Indigo Herbs.

If you fancy giving it a go, the Veganuary website is packed full of helpful hints, tips, advice and resources to help make the switch to veganism as easy as possible, including an approved product directory, an extensive, vibrant recipe section, eating-out restaurant guides, stories to inspire and motivate, and information on animals, the environment, nutrition and health. To help you on your journey, Veganuary has also released a Vegan Starter Kit that answers questions about all things vegan. The kit contains everything from label reading and shopping guides to weekly meal plans which cover different lifestyles and needs – from gluten-free to sports nutrition – to help you through the month day-by-day, meal-by-meal.



Promoting this year's campaign is the stand-up comedian and regular *8 out of 10 Cats Does Countdown* contestant Romesh Ranganathan. He says: 'The reasons I think you should become vegan for a month are: you're not eating animals, you're not harming animals (so that's great), your energy levels are gonna go up, you're gonna be more healthy, and you get to be more like this total legend right here. What's stopping you mate!?'

Veganuary's co-founder Jane Land said: 'By signing up, you'll receive hints, tips and advice in the lead up to January, as well as support throughout the month – we're aiming to have 50,000 people on board! Now is an opportune time to suggest the challenge to friends, family and colleagues – you can try it as the ultimate New Year's resolution.'

● *Veganuary is free to join, simply sign up at [www.veganuary.com](http://www.veganuary.com).*

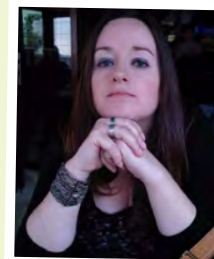
**TRY VEGAN THIS JANUARY**  
— [veganuary.com](http://veganuary.com) —

## MY VEGGIE LIFE

Rebecca Dowell

*Tell us about your life...*

I live in Totnes in Devon and work for Riverford. It's great living between the beach and Dartmoor – it keeps summer weekends very busy!



*What's your role at Riverford?*

I'm the web manager. At the moment I'm working on improving our website to make it easier for customers to buy our products and find useful information about how best to use their vegboxes. It's a beautiful place to work with a great ethos, and I genuinely love the products we sell, which helps!

*How long have you been veggie or vegan?*

I've been vegetarian for about 25 years. As a child I didn't like the idea of animal cruelty – it was around the time of the BSE crisis and although I didn't understand exactly what it meant there were lots of images of cows being killed on the TV.

*What's your favourite meat-free meal?*

Pasta, veg and a pesto or homemade tomato sauce. It's quick and easy, and a good way to use up veg left in the fridge. Riverford do a great recipe box for vegetarians, which I buy every week, as it's a good way to try new meals.

*What's your most essential kitchen gadget?*

My food processor – making coleslaw or potato rosti is really speedy, plus it's useful for soups and sauces.

*Being veggie makes me feel...*

Like I'm doing something positive, by not contributing to animal cruelty and the environmental problems caused by too much meat consumption. Plus I love vegetables, so I get to eat delicious meals.

## DATES FOR THE DIARY

### Throughout January

#### SNOWDROPS AT ANGLESEY ABBEY

Visitors to Anglesey Abbey Gardens in Cambridgeshire can expect to see over 300 varieties of these delicate white flowers. The Winter Garden has been designed specifically with plants that give winter colour, texture and fragrance, so you can see bright yellow and red dogwoods, the polished bark of the Tibetan cherry, and the scent of winter-flowering honeysuckle, as well as historic Lode Mill.

[www.nationaltrust.org.uk/anglesey-abbey](http://www.nationaltrust.org.uk/anglesey-abbey)



### Until 27 February

#### CANARY WHARF ICE RINK

While most ice rinks pack up shortly after New Year, the Canary Wharf Ice Rink remains open until late February, featuring a skate path, guiding skaters along a glittering trail of fairy-lit trees beneath Canary Wharf's soaring towers. There's a large heated outdoor viewing terrace for admiring the action on the ice, plus The Tasting Room restaurant and bar for après-skate refreshments.

[www.icerinkcanarywharf.co.uk](http://www.icerinkcanarywharf.co.uk)

### Until 31 March

#### 26 CHILDREN'S WINTERS

The Museum of Childhood in Edinburgh is hosting an exciting exhibition that captures the memories of childhood winters. From tingling cold hands, rainy-day boredom, the excited opening of Christmas presents and the whizz and bang of fireworks, these are just some of the topics tackled by 26 writers, using the museum's collection as inspiration.

[www.edinburghmuseums.org.uk](http://www.edinburghmuseums.org.uk)





## GREAT BRITISH BUBBLY

In 1999, a group of 10 local families in Devon joined forces with the aim of growing their own grapes and producing wine. Every year since, the Pebblebed enterprise has planted another area of field and now grows across 25 acres of land. Since 2011 they've been able to produce all their wines in-house, including the second stage sparkling process, using their modern winery at the vineyard, producing around 50,000 bottles a year.

Pebblebed's award-winning sparkling rosé and sparkling white are their flagship products and have proved popular with people looking for a high quality English alternative to traditional Champagne or cava to celebrate special occasions but, as Pebblebed's Geoff Bowen explains, competing against these traditional brands hasn't been easy.

'Developing any business takes time to gain the trust of your clients, and developing an English wine brand has required first and foremost hard work in the vineyard and

winery, and then persistence and creative marketing to make the products attractive,' he says. 'Champagne has been doing this for 200 years but English sparkling is catching up quickly. In 2010 we appeared successfully on the BBC *Dragons' Den* programme, enlisting the support of Duncan Bannatyne. We gained hugely in visibility following the show and even now not a day goes by when someone doesn't mention it.'

Geoff developed a keen interest in wine after hitchhiking around the vineyards of Europe in his late teens, but only began making a career in wine with the launch of Pebblebed. 'I'm a geologist, so having knowledge of the land and soils has been helpful,' he says. 'Southern England and particularly Devon does have the right conditions to make excellent world class sparkling wines – you almost want slightly under-ripe grapes with good acidity to produce the best sparkling and in a good year our climate in Devon is perfect.'

With New Year coming up, now's the time to consider buying a homegrown fizz for your celebrations. 'We do sell a lot of our sparkling wines for New Year and we get pictures from all over the world from people who have taken their special bottle of Pebblebed with them,' says Geoff. 'And at £25 a bottle, Pebblebed sparkling rosé works out at only around £3 a glass, which is not a high cost for something special to see in the New Year and support a British-made product. Our sparkling rosé is my personal favourite – it's just such a great start (or finish!) to any celebration.'

● *Pebblebed welcomes visitors to their Devon vineyard, the winery and the Topsham Wine Cellar for tastings. Vouchers for vineyard tours and wine tastings are ideal gifts for wine lovers, and other gift packages are available too. Go online to buy at [www.pebblebed.co.uk](http://www.pebblebed.co.uk) or direct from the vineyard and wine cellar.*

## TASTE TEST... Matcha goodies

If you're mad for matcha and love this Japanese pure green tea powder, why not try its superfood boost in other foods?



TURN TO  
PAGE 70 FOR  
MORE INSPIRING  
IDEAS WITH  
MATCHA TEA

### 1 Yee Kwan Matcha Green Tea Ice Cream

Enjoy the refined taste of matcha in a scoop of ice cream from the wonderful Far Eastern-inspired range from Yee Kwan, as seen on *Dragons' Den*.

● £4.99 from Ocado

### 2 Soupologie Broccoli & Matcha Green Tea Soup

This fantastic range of dairy- and gluten-free soups includes the perfect combination of our two favourite greens – matcha tea and broccoli – for a healthy and delicious vegan lunch.

● £2.99 from Ocado.

### 3 CO YO Matcha Coconut Milk Yogurt

Combining natural yogurt made from coconut milk, which is completely free from dairy, gluten, lactose, soya and added sugar, with matcha powder, this is a tasty vegan powerhouse of nutrients in one handy pot.

● £1.99 from Ocado.



# In our trolley

THE VEG LIVING TEAM'S FAVOURITE PRODUCTS...

## PACK A PROTEIN PUNCH

Fry's Family Foods have launched a new range of plant-based protein products that are perfect for vegans, flexitarians and healthy eaters. Packed with high quality, fresh ingredients, the range includes Soy & Quinoa Family Country Roast, Rice Protein & Chia Nuggets, Quinoa & Fresh Cilantro Falafel Burgers, Rice Protein & Chia Stir Fry Strips, and Soya & Flaxseed Schnitzel.

Each delicious product is high in protein,



iron and omega-3 fatty acids, plus they provide a good source of fibre, contain no GM ingredients, hormones or antibiotics, and are a good source of vitamin B12. They also contain no cholesterol or potentially harmful animal fats and the B12, omegas and iron all come from natural sources – yeast extract, flax and chia.

● Priced £3–£5 per pack. For stockists go to [www.frysfamilyfoods.co.uk](http://www.frysfamilyfoods.co.uk).

## Gluten-free bakery

Free-from bread is often limited in choice and flavour, but BFree has launched two new products that prove vegan and gluten-free bakery products can still be authentic and delicious.

The Quinoa & Chia Seed Wraps are ideal for lunch, for making fajitas or can even be used as an alternative pizza base. Packed with quinoa, chia, teff and flaxseeds, these wraps have only 105 calories. BFree's Stone Baked Pitta Breads are also low in calories and high in fibre, and ideal for stuffing or dipping.

● BFree Quinoa & Chia Seed Wraps (£3.25); Stone Baked Pitta Breads (£2.25). Visit [www.Bfreefoods.com](http://www.Bfreefoods.com) for stockists.



## INDIAN FEAST

A warming curry is a welcome dish on a cold night and with chef Hari Ghotra's range of 12 curry kits you can whip up an Indian supper in no time. The range includes favourites like tikka masala, biryani and korma and more unusual varieties such as the South Indian xacuti or the creamy yet spicy makhani, plus side dishes including lentil dhal and vegetable pakoras. The kits come with Hari's hand-picked spice mixes and full recipe instructions.

● Buy kits for £3.50 each at [www.harighotra.co.uk](http://www.harighotra.co.uk), plus find Hari's step-by-step video guides and browse lots more recipes.



## Naturally sweet

Of the 165 million cups of tea consumed daily in the UK, 30 per cent are drunk with sugar. If each cup takes one spoon of sugar, that means we consume at least 1,042,105 cups of sugar a day through tea alone!

If you're thinking of ditching those sugary cuppas, why not switch to something even healthier – antioxidant-rich green tea? We like the new range of Clipper green teas, which includes naturally sweeter varieties, such as Pear & Honey Green Tea, Mango



Green Tea and Cranberry Green Tea, which may help to convert even the staunchest green tea cynic and make the switch to sugar-free hot drinks that little bit easier.

● Clipper green teas are available at [www.clipper-teas.com](http://www.clipper-teas.com) and at major supermarkets nationwide.

## PERFECT PAIRINGS

For New Year parties and beyond, you'll need some bubbly and a few special bottles on your wine rack.

### Finest Bisol Prosecco £8, Tesco

For New Year celebrations on a budget, you can't go wrong with this award-winning Tesco exclusive, a creamy and soft sparkling Italian wine with expressive aromas and flavours of peach, pear, blossom and brioche.



### Juve y Camps Cinta Purpura Brut Reserva Cava 2011 £13.50, Tanners Wines

Aged for 24 months in the bottle, this vegan cava offers a pleasantly intense aroma with fleshy fruits and a slightly floral background with toasty notes, plus a lovely creamy, balanced finish.



### Chanoine Frères Vintage Champagne 2009 £30, Tesco

For something a little special, this bubbly is produced from equal parts Chardonnay and Pinot Noir and aged for over five years, resulting in a fine vintage Champagne with an elegant richness and complexity.



### Castillo La Paz Tempranillo Syrah 2014 £7.99, Waitrose

On a chilly January evening, try a taste of Spanish sunshine with rich fruity strawberry flavours from the Tempranillo grapes and a spicy edge from the Syrah.



### Marques de Casa Concha Chardonnay £12, Tesco

Friends for dinner? This special Chilean Chardonnay has been fermented then aged in oak for 11 months, resulting in a wine with vanilla and hazelnut flavours, a vibrant palate and crisp acidity for a long finish.



### Adega Ponte de Lima Vinho Verde 2014 £8.99, Ocado

This Vinho Verde is light and zesty on the palate, an appetising wine with persistent aromas of lime and hints of melon. At only 10.5% abv, it's also the perfect choice for those trying to cut down on alcohol in the new year!



## LUNCH IS SERVED

Now you can have freshly baked, organic artisan bread and nutritious homemade soup without even leaving the home. Thanks to popular demand, Abel & Cole have reintroduced their Superb Souping Box and also launched a range of new Bake at Home breads – all delivered direct to your door.

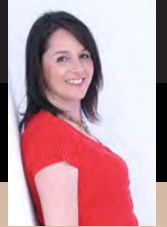
A big hit with customers last year, the Superb Souping Box contains all the organic veg, herbs and spices you need to make three healthy, veg-packed soups brimming with nutrition and flavour, with enough ingredients to make a litre of soup per recipe – that's 6-9 servings per box, depending on your appetite.

A typical box would include recipes such as Star & Spice Plummy Beetroot, Spinach & Cumin, and Squash, Sweetcorn & Sage. All the soup recipes are created by Rachel de Thample to ensure these meals in a bowl are nutritionally balanced and exceptionally delicious.



● **Superb Souping Box** £14.50 a week; **Bake at Home** breads various prices starting from £2.89; all from [www.abelandcole.co.uk](http://www.abelandcole.co.uk).

Karin Ridgers, passionate vegan presenter and founder of VeggieVision TV, reveals what she's loving this month...



## My new favourite thing

I enjoyed sampling smoothies and meeting Ken Daly, the CEO of shopping channel JML, double



Olympic gold medallist James Cracknell and his wife, the radio presenter Beverley Turner, at the launch of the brand new Nutri Blitzer recently.

I've been trying out the new Nutri Blitzer at home and it's a super kitchen gadget. It uses powerful, highly efficient blade-technology to break down stems, seeds, nuts, leaves, skin, peel and ice, leaving you with no bits, no mess, and no waste – just pure nutrition. I always start my day with a delicious smoothie and what I love about this blender is that there isn't anything to wash up! Just a quick rinse and it's done.

I'm working my way through the free recipe book that comes with the Nutri Blitzer – my firm favourite so far is a blend of spinach, banana, alkalised water, green powders and protein powder. I've also discovered that using frozen fruit such as berries and bananas gives a delicious ice cream taste to your smoothie too – try it!

● The Nutri Blitzer is £79.99 from [www.jmldirect.com](http://www.jmldirect.com). For cookery, celebrities and news, visit [www.veggievision.tv](http://www.veggievision.tv).



## CUT & TASTE

We have two pairs of Johnsons Micro Snips to give away. For a chance to win, enter the draw at [www.vegetarianliving.co.uk/offers](http://www.vegetarianliving.co.uk/offers). Competition closes midday 14 January 2016.



## A TASTE OF SPAIN

Linda McCartney's new Vegetarian Chicken-Style Paella is the perfect solution for a quick and tasty meal, and it can go from freezer to plate in a matter of minutes.

A delicious mix of seasoned rice, juicy chicken-style pieces, green beans, red pepper, peas, mushroom and onion – just add a handful of fresh coriander and a squeeze of lemon right before serving. Ideal for vegetarians, or for those thinking about going meat-free, this convenient product is a great source of protein, low in saturated fat and includes a variety of vegetables.

The paella is also the first product to be sold in the new-look Linda McCartney's packaging, joining the rest of the repackaged range, including Mozzarella Burgers, Cheese & Leek Plaits, and Vegetarian Sausages, which are currently the UK's top-selling vegetarian product.

● Linda McCartney's Vegetarian Chicken-Style Paella is available from Tesco at £2.49.



## IT'S A SNIP!

If you fancy a spot of indoor gardening while the weather is inclement, turn to page 32 and be inspired by our gardening editor Alice Whitehead's feature on how to grow your own microveg. All you need to get started are seeds, a container, compost and a nice sunny windowsill. But if you enjoy your new small-scale gardening efforts, then a neat pair of mini snips will come in very handy too.

While secateurs can be clumsy and kitchen scissors too large, Johnsons new Micro Snips are perfect for snipping small shoots and herbs. Specially designed in a compact size, with spring action handles and long-lasting carbon steel blades, there's also a growing kit and a range of microgreen seeds available too.

● Micro Snips, £3.99 each from [www.johnsons-seeds.com](http://www.johnsons-seeds.com).



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# Season's eatings



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Suma



# Delicious in January

January is often seen as the bleakest month, and self-denying New Year's resolutions, dismal weather and even the lack of exciting seasonal produce can conspire to make us feel 50 shades of blue. Instead, let's think white – the simple beauty of crisp, clean pages in your new diary, frost sparkling in the garden, a comforting bowl of hot porridge for breakfast, or a perfect cauliflower to roast in the oven.

## We ♥... cauliflower

This beautiful brassica has undergone a fashionable revival and it's at its best from now until mid-April. Once relegated to side dish status in stodgy, soggy cauliflower cheese, you'll be amazed at how light and delicious cauli can be when you change the way you cook it. Incredibly versatile, cauliflower works well in conventional dishes such as curry, soup and even salads, but can also be used to make low-carb and low-GI pizza bases, rice and even 'toast'!



**Rice** Remove the leaves and hard core, then blitz the florets in a food processor (or leave the cauli head whole and grate by hand). Cover in pierced cling film and microwave for 5–7 minutes (no need to add water) or stir-fry with a little oil. Add any fresh herbs, seeds, nuts, spices and seasoning you like, depending on the dish you serve your 'rice' with.

**Roast** Remove the leaves and pop a whole head of cauli (florets uppermost) in a baking dish, then drizzle with oil or butter and your choice of flavouring. Spices such as cumin and paprika work well, as does crushed garlic, mustard, lemon, curry paste or just simple salt and pepper. Cover and roast for 1–1½ hours, depending on the size, then uncover for the last 15 minutes of cooking.

**Toast** Cut thick slices through the cauli (the middle section is less crumbly), then lay flat on a baking tray, drizzle with oil and season. Bake in the oven for 20–25 minutes until soft. Top with smashed avocados and a poached egg, or add slices of cheese and tomato and pop back in the oven to melt.



Turn the page for more cauliflower recipes, including a low-carb pizza. >>





# Your January larder

**FRUIT** Apples, blood oranges, clementines, kiwi fruits, lemons, passion fruit, pears, pineapple, pomegranate, forced rhubarb, satsumas, Seville oranges and tangerines

**VEGETABLES** Beetroot, Brussels sprouts, cabbage, cauliflower, celeriac, celery, chicory, horseradish, Jerusalem artichoke, kale, kohlrabi, leeks, parsnips, potatoes, salsify, shallots, swede, black truffles and turnips

## STORECUPBOARD STAR

### CHIA SEEDS

TRY OUR  
CHIA SEED  
RECIPES ON  
PAGES 20  
AND 88.

#### JAMES DUIGAN'S

#### Spiced cauliflower and almond soup

**Serves 6 | Prep 5 mins | Cook 55 mins**

olive oil, for frying  
1 onion, finely diced  
2 cloves garlic  
500g cauliflower florets  
2 tsp curry powder  
1 litre almond milk  
sea salt and freshly ground black pepper

SIMPLE  
SOUP

- 1** Heat the oil in a pan over a medium heat and cook the onion and garlic with a pinch of salt until the onions are soft, about 8–10 minutes. Add the cauliflower florets and curry powder and stir for a minute.
  - 2** Pour the almond milk into the pan and cover with the lid. Simmer for 45 minutes. Add more seasoning if needed.
  - 3** Blend the soup in batches in a food processor. Return it to the pan and heat until warmed through.
  - 4** Serve with a sprinkle of freshly ground black pepper and your favourite bread.
- PER SERVING 149 cals, fat 7g, sat fat 2.5g, carbs 14g, sugars 12g, protein 8g, salt 1.2g, fibre 2.5g



Recipe adapted from *Clean and Lean for Life: The Cookbook* by James Duigan, with Maria Lally (Kyle Books, £19.99). Photography by Kate Davis-Macleod and Clare Winfield.

Something of the 'it' ingredient of the moment, the food world has gone chia crazy. Many of the health claims made for these little black seeds are inflated, but like other seeds such as linseed and hemp, they are a rich vegan source of omega-3 fatty acids and naturally gluten-free.

From a purely culinary perspective, they do add a different dimension to recipes. When dry they give a crunchy nutrient boost to all kinds of recipes from granola to bread, muffins and biscuits, but when added to liquid they turn gelatinous, which gives an extra creamy texture to porridge or smoothies, and it also allows you to make quick, healthier raw fruit jams without the need for boiling or heaps of sugar.

A chia pudding can be made in many different ways, with a combination of dairy-free milk and yogurt, natural sweeteners such as honey or maple syrup, and flavourings that vary from vanilla to cacao powder or fruit – it's easily customisable to your own tastes. If you find the slightly 'frogspawn'



appearance and tapioca-like texture a tad off-putting, try blending the pudding for a smoother finish, while leaving it to soak overnight achieves maximum creaminess.

For vegans, chia seeds are a useful binding agent in place of eggs when baking. For each egg specified in the recipe, use 1 tablespoon of ground chia seeds mixed with 3 tablespoons of water, leave to sit for at least 20 minutes until it becomes a gel, then use in your recipe. Don't try it in recipes that require more than two eggs, or which need the 'fluffiness' or flavour of real eggs, such as soufflés or sponge cake, but naturally denser-textured bakes such as banana bread are ideal.



## Cauliflower pizza base with blue cheese, pear and walnuts

This is the best invention ever! Especially if you are following a gluten-free diet. Who would have thought you could make a pizza base out of a vegetable, yet it's so delicious that you won't think twice about wishing you made it with flour and yeast. And yes, you can pick it up just like a real pizza!

**Serves 2 | Prep 30 mins | Cook 30 mins**

**For the cauliflower base:**

1 medium cauliflower head  
50g grated vegetarian mozzarella cheese  
1 free-range egg, beaten  
garlic granules  
sea salt and pepper, to taste  
olive oil, mild

**For the topping:**

1 pear, thinly sliced  
50g vegetarian blue cheese, crumbled  
20g walnuts  
20g grated vegetarian mozzarella cheese  
rocket leaves, to garnish

**1** Preheat the oven to 200C/fan 180C/gas 6 and line a baking tray with parchment paper.

**2** Wash and thoroughly dry the cauliflower. Cut off the florets – you don't need much stem. Pulse in your food processor for about 30 seconds, until you get powdery snow-like cauliflower. Place the cauliflower in a microwave-safe bowl, cover, microwave for 4 minutes or steam. When cooked, place on to a clean tea towel and allow to cool.

**3** Now wrap up the cauliflower in the tea towel and wring out all the liquid. Place the cauliflower into a bowl. Add the 50g of grated mozzarella cheese. Beat the egg, season generously with sea salt, white pepper and garlic granules. Pour on to the cauliflower mixture and combine well.

**4** Now use your hands to form the 'dough' into a crust on the parchment paper (aim for about 20–25cm). Pat it down thoroughly so it's tightly formed together – don't make it too thick or thin. Bake for 20 minutes, until it starts to turn golden brown.

**5** Remove from the oven. Leave the base to cool for 5–10 minutes, then carefully turn it over and place back on the tray. Drizzle

a little olive oil and sea salt on the base, then top with the pear, blue cheese and walnuts. Season with a little black pepper and olive oil. Top with the 20g of grated mozzarella cheese and bake in the oven for 8–10 minutes, until the cheese has melted. Garnish with rocket and serve.

■ PER SERVING 430 cals, fat 30g, sat fat 12g, carbs 17g, sugars 13.5g, protein 23g, salt 2.7g, fibre 6.5g

CAULIFLOWER PIZZA  
BASE WITH BLUE CHEESE,  
PEAR AND WALNUTS



Recipe adapted from *My Relationship with Food* by Lisa Roukin (Spiffing Covers, £22). Photography by David Munns, styling by Emily Kydd. [www.myrelationshipwithfood.com](http://www.myrelationshipwithfood.com)



THE PERFECT  
DISH TO USE UP  
YOUR LEFTOVER  
CHRISTMAS  
SPROUTS!

BRUSSELS  
SPROUT AND  
ARTICHOKE  
STIR-FRY

## Brussels sprout and artichoke stir-fry

Seasonal favourites with an Asian twist, this quick and simple dish is a great way to reinvent those leftover sprouts!

**Serves 4 | Prep/cook 20 mins**

100g brown rice noodles  
3 tbsp rapeseed oil  
1 red onion, chopped  
1 clove garlic, crushed  
300g Brussels sprouts, sliced  
2 Jerusalem artichokes, sliced  
½ tsp finely chopped red chilli  
1 tbsp grated fresh ginger  
2 tbsp dried goji berries

**To garnish:**  
2 tbsp sesame oil  
tamari sauce, to taste  
2 tbsp chopped walnuts

- 1 To cook the rice noodles, place in a pan of boiling water and simmer for the time indicated on the package (usually about 5–8 minutes).
- 2 While the noodles are cooking, heat the oil in a wok. Add the onion and garlic and stir-fry for 1 minute over a high heat. Add the Brussels sprouts and artichokes and continue to stir-fry for 5 minutes, then add the chilli, ginger, and goji berries and stir-fry for a further 3 minutes.
- 3 Drain the noodles and either stir through the vegetables before serving or serve the

vegetables on top of them. Drizzle with the sesame oil, add tamari sauce to taste, and scatter with the walnuts.

■ PER SERVING 360 cals, fat 22.5g, sat fat 2.5g, carbs 32.5g, sugars 13g, protein 8.5g, salt 1.2g, fibre 8g



Recipe adapted from  
*The Chakra Kitchen*  
by Sarah Wilkinson  
(CICO Books, £14.99).  
Photography by  
Adrian Lawrence.





## GROWING TALES

# Tamara Webster, Pertwood Farm

INTERVIEW: LINDSEY HARRAD

When her father bought Pertwood Farm in Wiltshire in 2005, Tamara Webster saw an interesting opportunity for a career change. 'I was working as a town planner in Berkshire at the time, but I was keen to do something more entrepreneurial,' she says. 'I had taken a geography degree and have always been sustainably minded, so when I discovered the farm was organic I got very excited. I really felt it would be right up my street.'

Tamara started working full time for the farm, which also came with a small food business, Pertwood Organic Cereal Company. Pertwood already had a number of USPs, having been organic for over 10 years, and also wheat-free thanks to the chalky Wiltshire soils that are better suited to oats, barley and rye. 'When we come up with a new recipe, it's based on what we grow, so the blend has always been oats, rye and barley flakes. When I joined the company we went through a rebrand and launched some new products and we did very, very well, and Pertwood became quite a big brand.'

However, from around 2009, a combination of the recession and competitors introducing rival wheat-free products meant that business got a lot tougher. During this period Pertwood started to work with specialist company Alara, which took over the

marketing and sales of the cereal products. It was the collaboration with Alara that led to the development of their new range of yacon cereals.

'Yacon looks like a parsnip but it's actually a ground apple; it's an ancient crop originally farmed by the Incas,' she says. 'But yacon was on the novel food list, which meant at the time it wasn't allowed to be used in food products in Europe. Alex Smith, the managing director of Alara, who has been working in organic muesli for 40 years, approached us to do an organic growing trial in Europe to help try to get yacon registered, so the year before last we donated a corner of one of our largest fields for a trial. The trial was successful and it was removed from the novel foods list, which meant we could create a new yacon-based range of products.'

The result was three new cereals – Pertwood Organic Yacon Muesli, Porridge and Granola. 'Yacon contains a different type of sugar which the body does not absorb, making it low-GI and it's also a prebiotic, which helps with gut health too,' says Tamara. 'I must admit I was a bit resistant to the idea at first as it seemed a bit faddish, but actually it tastes lovely. Because it looks like a parsnip I wasn't sure what to expect, but it has a subtle, sweet



flavour and the texture of a flake in the muesli is almost like a piece of dried fruit. It's a guilt-free way of having a sweetener in your cereal if don't want added sugar.'

Yacon may not be that well known yet, but with interest in alternative sweeteners on the increase, Tamara believes it will soon catch on. 'We do need to go out there and talk more about why yacon is such a great ingredient. At Pertwood we always work with ingredients that taste good – our products taste homemade, not mass-produced, and really that's why people love them.'

● Buy Pertwood Farm products at Sainsbury's, Holland & Barrett and independent food retailers, plus find out more about the range at [www.pertwood.co.uk](http://www.pertwood.co.uk).

### A wholesome start to the day

'My favourite product is our Organic Muesli Fruit & Seeds. It's our original recipe and still the best as it's made from oats, barley and rye flakes with seeds, and no nuts, added sugar or salt. I love the simplicity of our muesli, and I'm very boring – I love it just with milk! But I also like to soak some the night before and add it to my blender to make a lovely fruity smoothie with substance.'

*'Yacon looks like a parsnip but it's actually a ground apple; it's an ancient crop originally farmed by the Incas'*

## Taste not waste

Veggie blogger Kate Hackworthy turns a glut of the most fashionable brassica into a chia pudding that's perfect for breakfast or dessert.

Kale grows so well in the UK, even throughout the winter, so it is a wonderful way to get green goodness into our diets. After the excesses of Christmas, in January we welcome fresher food, lighter meals and healthier living, and with kale so often touted as a nutritional powerhouse, it's an easy seasonal veg to reach for this month.

In the supermarkets, kale often comes already chopped up without its tough stems, but if you're lucky enough to grow your own or get them from a greengrocer or farmers' market, then you can get huge umbrellas of this fashionable brassica, complete with stems and leaves.

Many recipes call for only the tender leaves, but there are many uses for the celery-like stems. They can be added to soups and stews, but as they will take longer to cook than the leaves, you'll need to separate the stems and chop them into smaller pieces to ensure even cooking and avoid those occasional unpleasant too-chewy mouthfuls in your finished dish.

For a breakfast alternative or a healthy dessert, I've created my own vibrant take on the recipe of the moment – the chia pudding. This simple two-flavour dish turns what are essentially smoothies into something more substantial. The chia seeds absorb and gel in the liquid, turning it into a thick consistency. With their beautiful yin and yang effect in the bowl, the contrasting flavours provide a wonderfully balanced dish – the green kale



KALE AND ORANGE CHIA PUDDING

pudding takes on the flavour of the almond milk and has a gentle sweetness that pairs perfectly with the zesty yet creamy taste of the orange and oat pudding.

### Kale and orange chia pudding

**Serves 4 | Prep 10 mins + chilling**

**For the kale chia pudding:**

250ml almond milk

50g kale leaves, washed

1 ripe banana

1 tsp vanilla extract

1 tsp honey or maple syrup (optional)

50g chia seeds

**For the orange chia pudding:**

75ml almond milk

50g uncooked oats

2 large oranges, peeled

1 ripe banana

50g chia seeds

**1** For the kale chia pudding, whizz the milk, kale, banana, vanilla and honey (if using), in a blender until smooth.

Add the chia seeds and blend for a few seconds to combine. Pour into a bowl and chill in the fridge for at least 1 hour or overnight, to thicken.

**2** For the orange chia pudding, whizz the milk, oats, oranges and banana in a blender until smooth. Add the chia seeds and blend, then pour into a bowl and chill as above.

**3** Spoon the chia puddings together into bowls or glasses and serve cold.

■ **PER SERVING** 264 cals, fat 11.5g, sat fat 1.5g, carbs 33g, sugars 20g, protein 9g, salt 0.1g, fibre 5.5g

**govegan**

**V** Choose maple syrup over honey, if adding in that optional sweetness.

### ABOUT KATE

Kate Hackworthy is a food writer and recipe developer who blogs at [www.veggiedesserts.co.uk](http://www.veggiedesserts.co.uk). Her creative vegetable desserts have frequently appeared in *The Guardian* and she was Jamie Oliver's Food Blog of the Month. Follow Kate on Twitter: @veggie\_desserts, Facebook: VeggieDessertsBlog and Instagram: @kateveggiedesserts.

## SOS SAVE OUR SCRAPS

Kale is surprisingly versatile, and even those unpromising woody stems can be transformed into something delicious.

● Add leftover kale stems to soups, stews and stir-fries – just chop finely first.

● Sauté kale leaves and finely chopped stems with onion and garlic for an easy side dish.

● Rub a little olive oil on kale leaves, sprinkle on some sea salt and roast in the oven to make kale chips (see also Rachel Demuth's recipe on page 22).

● A handful of kale (leaves and stems), a banana and some orange juice whizzed in the blender makes a lovely green smoothie to kick-start your day.





# Candied orange peel polenta cake

Home-cooked peel has an intense, bittersweet flavour and chewy texture, and is a fabulous addition to almost any cake. You can also make candied lemon peel for a lemon polenta cake in exactly the same way.

**Serves 8 | Prep 30 mins**

**Cook 1 hr 55 mins**

4 large unwaxed oranges  
about 300g granulated sugar  
250g unsalted butter, softened, plus extra for greasing  
250g caster sugar  
¼ tsp ground cardamom  
250g ground almonds  
125g fine polenta  
2 tsp baking powder  
4 medium free-range eggs  
zest of 2 unwaxed oranges  
75g fine-cut orange marmalade  
1 tbsp water

**1** Score each orange into 8 segments, then carefully remove the peel and pith: cut the 5mm-thick pieces into 3–4 bits.

**2** Put the peel in a pan and cover with 500ml cold water. Bring to the boil, simmer for 5 minutes, then drain and return to the pan. Add 500ml fresh cold water, bring to the boil and simmer for 30 minutes.

**3** Drain, but this time reserve and measure the water, adding 100g of sugar for each 100ml. There should be about 300ml, so 300g sugar. Put the water, sugar and peel back in the pan and simmer for 30 minutes until the sugar is dissolved and the peel is translucent and soft. Leave to cool. Lift the peel out of the syrup and arrange on a wire rack set over a baking tray. Leave to dry naturally over a couple of days, or put it in the oven on the lowest setting for 30 minutes.

**4** Preheat the oven to 180C/fan 160C/gas 4. Grease and line the base of a 23cm springform cake tin with non-stick baking paper.

**5** Beat the butter and sugar together until fluffy. Cut the peel into very small pieces and add to the bowl with the cardamom.



CANDIED ORANGE PEEL POLENTA CAKE

**6** In a separate bowl, mix the ground almonds, polenta and baking powder together, and gradually add to the butter-sugar mixture, alternating with the eggs. Mix well, add the orange zest, then spoon the mixture into the tin and bake for about 25 minutes, with a piece of baking paper over the top to stop it from catching. Reduce the temperature to 140C/fan 120C/gas 2 and bake for a further 15–20 minutes.

**7** When the cake is cooked, a skewer will come out clean and the edges will have shrunk away from the sides of the tin, but the cake will still have a slight wobble to it until it cools. Place it, in the tin, on a wire rack to cool.

**8** Bring the marmalade and water to the boil for 30 seconds in a small pan. Prick the surface of the cake all over with a toothpick, then pour the warm syrup evenly over the top and leave to cool completely before removing the cake from the tin to serve.

■ PER SERVING 814 cals, fat 47g, sat fat 19g, carbs 88g, sugars 84.5g, protein 11.5g, salt 0.7g, fibre 1.5g

## Oranges

At their best from January to March, make the most of this sunshine fruit now. This cake is also perfect for using up any oranges left over from Christmas.



Recipe adapted from *Food for Thought* by Vanessa Kimbell (Kyle Books, £15.99). Photography by Laura Edwards.

## HOMEMADE CANDIED PEEL

You can make the candied peel well in advance, as it will keep for 8 weeks in an airtight container. What you can also do is freeze the peel from unwaxed oranges as you use them (rather than buy four oranges just for this recipe), then thaw it for candying; and of course, you can make a bigger batch if you've saved up lots of peel. Just keep the ratio of 100g sugar added to every 100ml water reserved from the second, longer, boiling.





# Bella verde

***Fresh from a teaching holiday in Apulia, professional chef and cookery school tutor Rachel Demuth gives homegrown British winter greens an Italian twist.***

The kitchen garden in winter is abundant with Brussels sprouts, cabbages, cauliflowers, purple sprouting broccoli, leeks, kale and perpetual spinach. For freshness, texture and plenty of nutrients, I recommend supplementing soups and stews and other warming dishes with lots of dark green leafy vegetables, and you'll find there are a surprising number of delicious leafy veggies to try at this time of year once you start experimenting with different varieties.

## Cavolo nero

One of my favourite seasonal vegetables for January is cavolo nero, which hails from Italy but grows easily here. It is also known as black cabbage, Tuscan cabbage and dinosaur kale, and I rather like the latter description as it's an impressive statuesque plant, fine enough to grace a herbaceous border with its tightly crinkled, dark emerald leaves, and a beautiful sight on a cold, frosty morning when raindrops get caught on the leaves. To prepare, remove the tough centre stem and add to stir-fries or soups.

## Chicory

The firm buds of chicory (chicons) that we buy are forced in the dark. Known as Belgian endive, they are often sold in blue paper to stop them turning green. Chicory is naturally

bitter, but forcing softens the bitterness. Chicory is delicious in a winter salad with oranges or roasted with balsamic vinegar.

## Leeks

The mildest member of the allium family, leeks are delicious as baby vegetables and as they mature, but the monster-sized specimens often lack flavour and are woody, so are best avoided. Leeks are in season from September to April and are a versatile winter crop, as they overwinter in the ground. Try them roasted or stir-fried, or add to tarts, soups and side dishes. They have been called 'poor man's asparagus' and can be eaten with many of the simple ingredients that also work with asparagus, including cheeses, olive oil, eggs and garlic. Buy leeks which have healthy-looking green tops – cut them off and save for homemade stocks. The easiest way to clean them is to cut them into rings and let them stand in a bowl or sink of cold water. Allow the mud to settle, then scoop out the leeks into a colander and repeat until the leeks are clean.

## Purple sprouting broccoli

Purple sprouting broccoli is one of the first crops of early spring after overwintering in the fields. It is either purple or green, but there is little difference in the flavour, and the purple variety becomes green on cooking.

Sprouting broccoli has been described as 'Italian asparagus' and can be treated in the same way, lightly steamed and served simply with aioli, Parmesan-style cheese or butter. At the cookery school, our favourite way of cooking it is to stir-fry, using a little sesame oil and sesame seeds. It also carries strong flavours well and in Roman kitchens was cooked with cumin, coriander, leeks, pine nuts and raisins.

## Kale

The must-have veg of the moment, kale is crammed full of goodness. Baby kale leaves are excellent added to a salad mix, or blitzed into a breakfast smoothie with apple, avocado and fresh ginger. You can also add it to soups, stews and curries. I like to make kale chips, which are ideal for healthy everyday snacking and you don't need to invest in a dehydrator. Preheat the oven to 130C/fan 110C/gas ¼, remove the hard stems from a large handful of kale and cavolo nero, and tear the leaves into pieces. Wash and dry really well, put them into a large bowl and rub with olive oil to coat. Sprinkle with sea salt then spread out on a baking tray. Roast for about 15 minutes, regularly opening the oven to let the steam out and turning them over so they crisp evenly. Take out when crisp and still green.





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## La ribollita

This Tuscan soup recipe is a great use for cavolo nero and kale. It is one of my favourite winter soups: hearty, healthy and warming – and even better the next day. *Ribollita* means ‘reboiled’ which may not sound that appetising, but simply refers to the fact that traditionally this soup is reheated and served the next day as the flavour improves, so this is a great make-ahead lunch dish. Serve poured over sourdough bread and, if you’d like, a sprinkle of vegetarian Parmesan (we love Lyburn’s Old Winchester).

**Serves 4 | Prep 15 mins | Cook 45 mins**

3 tbsp olive oil  
1 small onion, chopped  
2 bay leaves  
2 sprigs of thyme  
2 carrots, diced  
2 celery sticks, chopped  
2 leeks, thinly sliced  
400g can chopped tomatoes  
400g can cannellini beans, drained  
150g cavolo nero or kale, stems removed and leaves sliced  
500ml vegetable stock  
1 large clove garlic, sliced  
handful flat-leaf parsley, chopped  
pinch of salt  
lots of freshly ground black pepper

To serve:

4 slices of sourdough  
extra-virgin olive oil  
chopped flat-leaf parsley

**1** Heat 1 tablespoon of the olive oil in a large heavy-based saucepan. Add the onion, bay leaves and thyme and cook gently until the onion is softened. Add the carrot, celery and leek and sweat gently for 10 minutes.

**2** Add the tomatoes, cannellini beans, cavolo nero and/or kale, and vegetable stock. Cover and cook for a further 20 minutes.


**3** Remove the bay leaves and thyme stalks. Ladle a third of the soup into a blender or separate pan to liquidise or mash. Return the liquidised soup to the saucepan, add salt and pepper to taste and stir well.

**4** Heat the remaining oil in a small frying pan and gently fry the garlic until just browning. Add the parsley, stir for 1 minute, then add to the soup. Check the seasoning.

**5** To serve, place a thick slice of sourdough in a bowl, pour over the soup, then drizzle liberally with extra-virgin olive oil and sprinkle with chopped flat-leaf parsley.

■ PER SERVING 395 cals, fat 19g, sat fat 2.5g, carbs 48g, sugars 12g, protein 13g, salt 1.9g, fibre 13g

**govegan**

 Serve without the vegetarian Parmesan, or choose a vegan Parmesan-style cheese instead.

### ABOUT RACHEL

Chef-proprietor of the award-winning Demuths restaurant in Bath for 25 years, Rachel is now dedicated to running the Demuths Vegetarian Cookery School, which offers a range of themed workshops, guest chef events, cookery holidays in France and Italy, and the Demuths Vegetarian and Vegan Diplomas for professional chefs and keen cooks. As a well-travelled foodie, Rachel loves to combine her passion for global cuisine with the best of locally grown produce.

[www.demuths.co.uk](http://www.demuths.co.uk)







## Orecchiette con cime di rapa V

Orecchiette is the most traditional of the handmade southern Italian pastas and is made with just flour and water, so perfect for vegans. Orecchiette is shaped like a small ear. In southern Italy this dish is made with cime di rapa (broccoli rabe), a leafy brassica related to broccoli which is not easily available here, so I've used purple sprouting broccoli as an alternative.

**Serves 4 | Prep 20 mins**  
**Cook 35 mins**

**For the pasta:**  
300g durum '0' pasta flour  
100ml warm water, to mix  
flour, for dusting

**For the sauce:**  
60ml olive oil  
1 green pepper, sliced  
1 clove garlic, crushed  
1 large red chilli, chopped (optional)  
24 large cherry tomatoes, left whole  
zest and juice of ½ lemon  
600g purple sprouting broccoli  
2 tbsp capers (optional)  
salt and black pepper  
extra-virgin olive oil, for drizzling

**1** Mix the pasta flour with the warm water to make a firm dough. Shape into slim sausages and roll on a board dusted with flour to the diameter of a centimetre.

**2** Cut into 1cm-long pieces and then, using the rounded point of a small serrated knife, push them into the little ear shape. Turn the inside

out with the help of your forefinger tip, so that the concave part of the pasta is smooth, while the convex part is rough. Leave the orecchiette to dry on a floured board before cooking.

**3** Heat the oil and fry the green pepper and garlic for a few minutes, until softened. Add the chilli and continue to sauté for a few more minutes. Add the cherry tomatoes and lemon juice and zest, then cover and cook for 20 minutes.

**4** Squash the tomatoes lightly and continue to stir the sauce for a few minutes. If it looks a little dry, add some of the boiling pasta water (see below) to loosen it up. Season with salt and black pepper.

**5** Remove the thick stems and any outer leaves from the purple sprouting and blanch in boiling water for 2 minutes. Drain and refresh in cold water. Add to the sauce, stir well and cook for a further 3 minutes. If you want, add capers at the same time as the purple sprouting.

**6** Meanwhile, cook the pasta in plenty of boiling salted water until *al dente*. Drain (retain some of the water to add to the sauce), and add it into the pan with the sauce. Mix everything together well. Transfer to a serving bowl, drizzle with some extra-virgin olive oil and serve.

**COOK'S TIP** This sauce will also go well with any dry pasta shapes that you have in your cupboard.

■ PER SERVING 511 cals, fat 20g, sat fat 3g, carbs 71g, sugars 8g, protein 17g, salt 1.2g, fibre 11g







ALL IMAGES © ROB WICKS/EAT PICTURES



ORECCHIETTE CON  
CIME DI RAPA





## Fave e cicoria V

In Apulia this dish is served on every restaurant menu and probably cooked in every home. It is incredibly simple to make and now you can buy British-grown split fava beans to make it with.

**Serves 2 | Prep 10 mins + soaking overnight  
Cook 50 mins**

200g dried split fava beans  
750ml water  
1 tbsp olive oil  
500g chicory leaves  
3 tbsp olive oil  
3 cloves garlic, crushed open, but left whole  
salt, to taste

**1** Soak the fava beans in plenty of water overnight, then drain the next day.

**2** Cook the beans in the 750ml water for about 30–40 minutes, until soft and completely falling apart. Purée them with all the cooking liquid until smooth, add the tablespoon of olive oil and salt to taste.

**3** Prepare the chicory leaves by cutting off any hard stems, but keep the leaves whole. Blanch the leaves in boiling water for 3 minutes and drain.

**4** Heat 2 tablespoons of the olive oil, fry the garlic then remove when golden. The garlic will have flavoured the olive oil. Sauté the chicory in the olive oil until tender, then season with salt.

**5** Spoon the hot bean purée into soup bowls, top with the sautéed chicory and a swirl of olive oil. Eat at once, as the fava bean purée will thicken as it cools.

**COOK'S TIP** Instead of chicory use other bitter

leaves, such as cavolo nero, kale, chard, spinach or even dandelion. British-grown fava beans are available from wholefood retailers or you can buy them from Italian and Middle Eastern stores.

■ PER SERVING 517 cals, fat 25g, sat fat 4g, carbs 58g, sugars 4.5g, protein 23g, salt 1.6g, fibre 26g



FAVE E CICORIA



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# The winter pantry

*In the colder months when our homegrown veg options are less varied, keep jars of these versatile homemade preserves and pastes in your fridge and freezer to banish bland from your kitchen and bring storecupboard staples to life.*



## Green curry paste

Makes 375ml

2 tsp coriander seeds  
2 tsp cumin seeds  
2 tsp white peppercorns  
1 onion, roughly chopped  
4cm piece of ginger, roughly chopped  
4 cloves garlic, roughly chopped  
10 long green chillies, deseeded if desired, roughly chopped  
2 lemongrass stalks, white part only, sliced  
6 coriander roots with stems and leaves attached, well washed and chopped  
4 kaffir lime leaves, shredded  
2 tbsp vegetable oil

**1** Toast the coriander seeds, cumin seeds and peppercorns in a dry frying pan for 1-2 minutes, until fragrant.

**2** Combine the remaining ingredients with the spices in a food processor. Process to a smooth paste.

**3** Spoon into a jar and store in the refrigerator for up to 1 week. Alternatively, spoon into an ice-cube tray and freeze overnight, then transfer the cubes to a zip-lock bag and store in the freezer for up to 3 months. When ready to use, place the required number of cubes in a bowl and defrost in the refrigerator.

**COOK'S TIP** Using long green chillies rather than small fiery ones gives you a milder curry paste. However, if you're feeling brave, turn up the heat by using some or all small, hot green chillies. This recipe can also be used to make red curry paste – simply use red chillies instead of green.



**MAKE A MEAL OF IT** To make a Thai green curry, cook 3 tablespoons of the paste for a few minutes in a pan, then add vegetables such as sweet potato, baby sweetcorn and mange tout, and simmer in coconut milk.



GREEN CURRY PASTE

PHOTOGRAPHY: JEREMY SIMONS



INDIAN TOMATO CHUTNEY



## Indian tomato chutney

Makes 1 litre

60ml olive oil  
1 tsp brown mustard seeds  
2 onions, chopped  
4 cloves garlic, finely chopped  
2kg tomatoes, thickly sliced  
2cm piece of fresh turmeric, grated (or 2 tsp ground turmeric)  
6 curry leaves  
345g caster sugar  
375ml white vinegar

**1** Heat the oil in a large saucepan over medium heat. Fry the mustard seeds for 1 minute, until beginning to pop, then add the onion and garlic and fry for 5 minutes, stirring, until the onion is soft.

**2** Add the remaining ingredients and bring to the boil, stirring until the sugar dissolves. Simmer for 30–40 minutes, until thickened.

**3** Ladle the hot chutney into warm sterilised jars and seal immediately. Store in a cool, dark place for up to 12 months. Refrigerate after opening.

**MAKE A MEAL OF IT** Use this chutney to add tangy flavour to a cheese toastie or slices of fried halloumi, liven up veggie sausages, or serve on the side with your favourite curry.

## Caramelised onion and thyme jam

Makes 500ml

60ml olive oil  
1kg red or brown onions, finely sliced  
1 tbsp thyme leaves  
2 tsp Dijon mustard  
185g soft brown sugar  
125ml balsamic vinegar

**1** Heat the oil in a large saucepan over medium heat. Add the onion and thyme and fry with the lid on, stirring regularly, for 20–30 minutes, until very soft and golden.

**2** Stir in the mustard followed by the sugar and vinegar and reduce the heat to low. Simmer for 15 minutes, or until thick and jam-like.

**3** Spoon the hot jam into warm sterilised jars and seal immediately. Store in a cool, dark place for up to 12 months. Refrigerate after opening.

**MAKE A MEAL OF IT** Spread the jam over a sheet of puff pastry, crumble halloumi over the top, and bake for 20 minutes in a medium oven until golden (see picture opposite).

## STERILISING TIPS

- Wash jars well in warm soapy water and rinse.
- To sterilise in the oven, place jars upside-down on a tray lined with a clean cloth or on a rack and put them in the oven heated to 120C/fan 100C/gas ½ for 10 minutes.
- To sterilise jars by boiling, stand jars upright on a rack or trivet in the base of a deep pan. Fill jars and pan with warm water, ensuring the jars are covered, and bring to the boil. Simmer for 10 minutes. Use tongs to remove the jars and place upside-down on a clean tea towel to dry.
- To sterilise lids, boil for 20 minutes in water. Leave to dry on a clean tea towel.
- To sterilise funnels, ladles, tongs, cloths or other equipment, boil for 5 minutes.
- Fill jars while still warm if making hot preserves to avoid the glass cracking. Have a damp sterilised cloth on hand to wipe away spills while filling the jars.



Recipes adapted from *The Produce Companion* by Meredith Kirton and Mandy Sinclair (Hardie Grant, £20). Photography by Jeremy Simons.





CARAMELISED  
ONION AND  
THYME JAM





PHOTOGRAPH: MARK RIDSDILL SMITH / VERTICAL VEG

DISCOVER



# TOPS OF THE CROPS

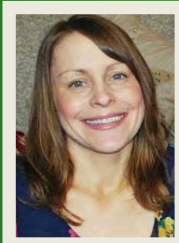
*It might be cold outside, but you can still grow a vegbox of delights – without the need for an allotment, says gardening editor Alice Whitehead. Just go micro!*

If you think the year is at an end in your vegetable patch, think again. From broccoli and beetroot to carrot, chard and coriander, you can sow and grow fresh herbs and vegetables throughout the winter on a pocket patch no bigger than a margarine tub. How? The secret is in the size.

'Microgreens' or 'microveg' are the trendy names for tiny seedlings that are harvested and eaten at the shoot stage (6–21 days old) before they grow into adult plants. Not only are they easy to grow, they'll happily produce baby-leaf cuttings all winter without hours of sunlight or green-fingered diligence, and, beloved by celebrity chefs, they're also a low-cost way to grow your own gourmet grub.

## ABOUT ALICE

Alice Whitehead is a writer who loves to grow, eat and get muddy. For 16 years she has written garden and food features for magazines and newspapers, and more recently split her time between tending two large, city allotment plots and a school garden club. She still hasn't decided whether she prefers the pen or the spade.  
[www.wonderlandfreelance.co.uk](http://www.wonderlandfreelance.co.uk)



## Eats shoots and leaves

Urban gardener Mark Ridsdill Smith was converted to micro-growing when he moved into a London flat in 2010. Now considered an expert in small-space growing, he turned a northwest-facing balcony into a verdant oasis of homegrown food – and microgreens were an early experiment.

'I was really keen to eat my own veg, so I started a few pots on my balcony, and was really surprised how much I could grow,' says Mark, founder of Vertical Veg, a social enterprise that inspires and supports food growing in small urban spaces. 'Pea shoots were one of my first microgreens, grown from a packet of dried peas from a health food shop, and when they proved successful I moved on to their bags of dried herbs too.'

## The little league

Using just a seed tray, ordinary compost and a windowsill, Mark has cultivated tiny versions of coriander and bean shoots, sunflower leaves and kale, and radish and broccoli. He lets them grow to the first 'true leaf' stage and then gives them a hair cut, using cuttings in salads and stir-fries. It brings a whole new meaning to fast food. 'While the professionals use high-quality compost, I don't think there's any need,' says Mark. 'You can also make a lightbox out of cardboard and foil to reflect light but, to be honest, they taste just as good when they're thin and lanky!'

Above all, experimentation is the key.

While bitter-tasting celery leaf shoots might not be your thing, vitamin C-rich carrot tops could be – and how about dandelion greens, which taste like spinach, or leeks and spring onions that can be used as chives? 'Next on my list is Thai basil, buckwheat and lemon verbena,' adds Mark. 'I'm also sowing popping corn this year, which produces sweet, grass-like shoots.'

## Small is beautiful

Above all, what microveg lacks in size, it makes up for in flavour, and snipped young and fresh, the shoots are packed with nutrients. Simply chuck them in at the very end of the cooking process or use raw.

'They're also a fantastic growing project for kids,' says Mark, whose children Leo, 6, and Bea, 18 months, like to get microgreen-fingered with their dad. 'Normally, you have to be careful how you space seeds, but because they will never grow to full size, it doesn't matter if they are all higgledy-piggledy. Even a two-year-old can have a go.'

If you use up old seeds from the previous gardening year and recycle old soil from containers, microveg becomes the ultimate in green gardening too. 'It's instant food, something you can't buy easily in the shops, doesn't take up much space and is cheap to grow,' says Mark. 'In fact, I find it hard to imagine anywhere that wouldn't have space for a few seed trays of microgreens!'



# GROW YOUR OWN MICROGREENS

## GETTING STARTED

- Most seeds, especially bigger seeds like peas, benefit from soaking for 24 hours before sowing, as this can speed up germination by as much as 3 days.
- Use seed trays or old margarine tubs and plastic fruit punnets to grow your microgreens, as long as they have holes for drainage.

## SOW & GO

- Fill your container almost to the top with multipurpose compost – or as Mark does, mix old spent compost from tomato bags or flower pots with new compost and a little worm humus/manure.
- Water thoroughly and scatter your seeds thickly on top, leaving roughly one seed width between each one (ignore what the packet says, you can sow much closer as the plants won't fully mature).
- Sprinkle a thin layer of compost on top, or vermiculite, or even kitchen paper (when the seedlings appear you can remove the paper).



PHOTOGRAPH: MARK RIDSDILL SMITH / VERTICAL VEG

- Pop your container on to a shallow tray or saucer so you can water into the tray rather than from above (to avoid 'damping off'), and check daily to ensure the soil doesn't dry out.

## READY TO EAT

Your microgreens should sprout within a few days, and be ready to eat within 1-3 weeks once the 'true leaves' appear above the seed leaves. Snip off above the seed leaves, and you may get a second flush, or pull out root and all to eat.



## FIVE TO TRY

Mix and match your microgreens and experiment with Mark's favourite five:

### 1 Pea shoots

Although not officially a microveg (due to the fact you snip them after the first three or four true leaves, rather than the first set), pea tendrils are packed with vitamins and protein, and are intensely pea flavoured.

**TASTE:** Drop into soups or stir-fries.

**TRY:** Pea 'Twinkle' from [www.suttons.co.uk](http://www.suttons.co.uk).

### 2 Sunflowers

With a slightly nutty taste and crunch, be sure to harvest sunflower greens before the second set of leaves because these can be bitter.

**TASTE:** Add them to salads with slices of avocado.

**TRY:** Organic black sunflower seeds from [www.skysprouts.co.uk](http://www.skysprouts.co.uk).

### 3 Broad beans

Not just great for sprouting, broad bean tops make nutritious greens too.

**TASTE:** Use like basil leaves in pesto by blending with plenty of Parmesan-style cheese, garlic and pine nuts.

**TRY:** Organic 'Mix Bean Seed' from [www.skysprouts.co.uk](http://www.skysprouts.co.uk).

### 4 Mixed mustard

Think colourful and spicy mizuna and mibuna.

**TASTE:** Stir through a risotto for added zing.

**TRY:** Fiery mustard 'Red Frills' from [www.marshalls-seeds.co.uk](http://www.marshalls-seeds.co.uk).

### 5 Radish

One of the fastest-growing microgreens – ready in 2 weeks.

**TASTE:** Spice up salads with the leaves.

**TRY:** Red-stemmed 'Sangria' from [www.marshalls-seeds.co.uk](http://www.marshalls-seeds.co.uk).

Start growing with these microgreen packs, to make pint-sized propagating that much easier.

GET THE KIT

### 1 Vegalicious Gourmet Kits

If you're new to growing, or microgreens, these kits take the hassle out of horticulture with seeds, instruction booklet, mini-greenhouse, compost discs and plant markers. Choose from 'Eat Your Greens', 'Paint Your Plate Red' and 'Variety is the Spice of Life' for mini greens galore. £13.95, [www.notonthehighstreet.com](http://www.notonthehighstreet.com)

### 2 Sky Sprouts

Organic seeds such as black sunflower and pea are available to buy in bulk, saving you pounds on garden centre packets. From £2.20 per 500g, [www.skysprouts.co.uk](http://www.skysprouts.co.uk)

### 3 Suttons Microgreens Windowsill Allotment

This great-value kit includes a growing tray, lid and mat, as well as three sachets of seed so you can succession sow through the winter season. There are eight different varieties to choose from, including



'Oriental Lace' baby broccoli, 'Peppery Passion' spicy mustard leaves, and 'Twinkle Tendrils' pea shoots. £3.99 each, [www.suttons.co.uk](http://www.suttons.co.uk)

### MICROGREEN WITH ENVY!

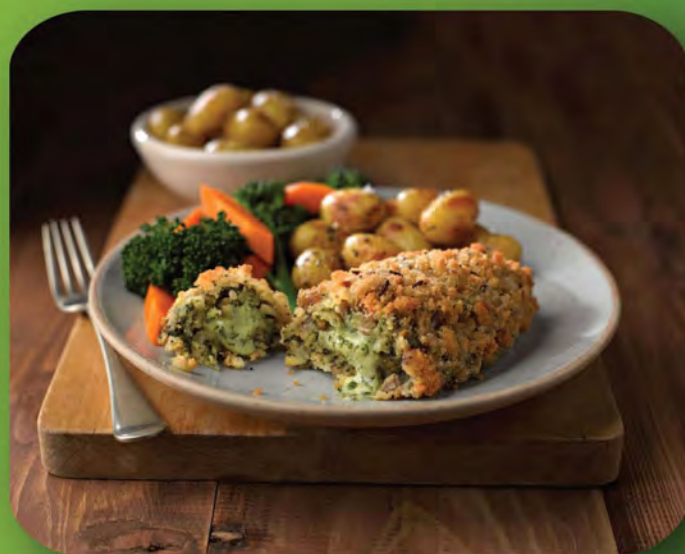
We have five Microgreens Windowsill Allotment growing kits from Suttons to give away – all with 'Oriental Lace' baby broccoli. To enter the draw, go to [www.vegetarianliving.co.uk/offers](http://www.vegetarianliving.co.uk/offers). Competition closes midday 13 January 2016.







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PHOTOGRAPH: TOBY SCOTT

SPINACH,  
BUTTERNUT  
SQUASH AND  
CHEESE FREE-  
FORM TART  
.....  
PAGE 56

# EVERYDAY EATS

From pies to puddings, Scandi-style suppers to Japanese cuisine, try our simple and inspiring recipes to beat the January blues.





PHOTOGRAPH: SHUTTERSTOCK.COM

# With love from Scandinavia

***Make the best of seasonal and storecupboard ingredients in the hunger gap by cooking Scandi-style, with simple ideas from Brontë Aurell at ScandiKitchen Café.***

## Artichoke salad with spelt grains

It's no secret that we love using grains in our salads at ScandiKitchen. Spelt is such a filling, wholesome grain – and it has an excellent bite to it. If you are not a fan of spelt, you can use rye grains instead.

**Serves 3 as a side dish | Prep 10 mins**

**Cook 25 mins**

150g dried spelt grains  
salt and freshly ground black pepper  
2 x 250g cans artichoke hearts, drained  
150g vegetarian feta cheese, chopped into cubes  
½ bunch of spring onions, sliced diagonally  
2 tbsp chopped fresh flat-leaf parsley  
4–5 tbsp flaked almonds, toasted  
freshly squeezed lemon juice  
olive oil, for drizzling

**1** If soaking the grains overnight (I'd recommend this if you have time as it allows for a more even texture throughout), place them in double the amount of water.

**2** The next day, drain and rinse the grains. Place in a large saucepan with a good pinch of salt and boil for approximately 22–25 minutes, or until tender but still *al dente*. If you haven't pre-soaked the grains, extend the cooking time by around 20 minutes. Drain and allow to cool completely.

**3** Slice the artichoke hearts into large bite-sized pieces. Place in a bowl and add the sliced spring onions, feta and parsley.

**4** Fold in the spelt grains, season to taste and fold in the toasted almond flakes. Season with salt, pepper and a squeeze of lemon juice and a drizzle of good oil.

■ PER SERVING 483 cals, fat 27g, sat fat 8.5g, carbs 46g, sugars 3g, protein 18g, salt 2.3g, fibre 3.5g



PHOTOGRAPHY: PETER CASSIDY

## ABOUT SCANDIKITCHEN

Brontë Aurell and her husband Jonas run the popular ScandiKitchen Café in central London, serving food from all over Scandinavia alongside a wide range of Nordic groceries. They also sell ingredients online at [www.scandikitchen.co.uk](http://www.scandikitchen.co.uk).







ARTICHOKE  
SALAD WITH  
SPELT GRAINS





BEETROOT  
TART WITH  
FENNEL  
AND DILL

## Beetroot tart with fennel and dill

I just love the purple beetroot with the fresh green dill – it brightens up the whole lunch table. The tart works well both warm and cold and it is lighter than traditional quiches as it uses less dairy filling.

**Serves 6 | Prep 35 mins + chilling**  
**Cook 1 hr 15 mins**

3–4 fresh beetroot, about 300g raw weight; alternatively, you can use 250g pack ready-cooked beetroot  
200ml crème fraîche  
100ml milk  
2 free-range eggs  
200g vegetarian feta cheese, crumbled  
salt and freshly ground black pepper  
1 tbsp fresh dill  
1 fennel bulb  
olive oil  
balsamic vinegar  
50g walnuts, lightly crushed

**For the pastry:**  
150g butter  
150g plain flour  
100g wholegrain rye flour  
pinch of salt  
1 free-range egg yolk  
4 tbsp cold water

**1** If using fresh beetroot, put them in a large saucepan of water and bring to the boil. Cook for 30–40 minutes (depending on the size of the beetroot) until soft. Rinse in cold water. The peel will come off easily when you rub them with your fingers. Set aside.

**2** To make the pastry, cube the butter and crumble it with the flours and salt. This is quickly done in a food processor. Add the egg yolk and water and quickly, without working the dough too much, shape into a ball. Leave to chill in the fridge or freezer for 30 minutes before using.

**3** Roll out the dough and carefully place into a 28cm fluted, loose-based round pie tin. Prick the bottom of the case with a fork in several places. Leave to rest for another 15 minutes in the fridge or freezer.

**4** Preheat the oven to 180C/fan 160C/gas 4. Pre-bake the pastry crust in the middle of the preheated oven for around 10 minutes.

**5** Meanwhile, mix the crème fraîche, milk, eggs, crumbled feta, salt, pepper and half the dill in a bowl.



**6** Cut the fennel lengthways and remove the bottom core. Thinly slice the fennel. In a saucepan, add a little oil and sauté the fennel on a low heat for 5–6 minutes. After a few minutes, add a few teaspoons of balsamic vinegar.

**7** Remove the crust from the oven. Scatter the sautéed fennel across the base and add one-third of the crème fraîche mixture. Thinly slice the beetroot and arrange the thin slices all across the tart in neat layers. Add the remaining crème fraîche dressing on top and scatter with half of the crushed walnuts.

**8** Return to the middle of the oven for around 20–25 minutes. When done, scatter the remaining dill and walnuts on top. Serve warm.

■ PER SERVING 666 cals, fat 51g, sat fat 28.5g, carbs 40g, sugars 7.5g, protein 14g, salt 2.6g, fibre 6g

## Traditional Danish apple trifle

Growing up in Denmark, our garden was full of apple trees and my mother would make this dessert a lot, as we always had cases and cases of apples to get through in the autumn months. A spoonful of this dessert sends me straight back to her warm kitchen.

**Serves 4 | Prep 30 mins + cooling  
Cook 25 mins**

**1kg (about 8–10) tart apples, such as Bramley or Granny Smith, peeled and cored**

**140g caster sugar**

**200ml water**

**seeds from 1 vanilla pod**

**100g butter**

**120g dried breadcrumbs**

**300ml whipping cream**

**1** Cut the apples into bite-sized pieces. Add them to a saucepan along with 4 tablespoons of sugar, the water and vanilla and cook over a gentle heat until completely soft – around 20 minutes. Add more water if needed during cooking. Take off the heat and leave to cool completely.

**2** In a frying pan, melt the butter, then add the remaining sugar and stir. Add the breadcrumbs and keep stirring until the mixture is toasted through. Be careful, though, because the breadcrumbs burn easily.



TRADITIONAL DANISH  
APPLE TRIFLE

**3** When crispy, remove from the heat and spread on a plate. As the breadcrumbs cool, use your fingers to ensure that they don't stick in clumps.

**4** In a large bowl, whip the cream until stiff peaks form.

**5** Layer your trifle, beginning with a layer of apple, then the breadcrumbs followed by a layer of cream. Add a larger layer of apple and finish with the breadcrumbs (save a few to decorate). Top with the remaining whipped cream and decorate with the remaining breadcrumbs. Opinion is divided about when to serve this. Some people prefer to serve it straight away while the breadcrumbs are still crunchy, or you can wait a few hours until the trifle has settled.

**COOK'S TIP** You can make this either in individual serving pots or in a big glad trifle bowl.

■ PER SERVING 757 cals, fat 51.5g, sat fat 32g, carbs 73g, sugars 60.5g, protein 4.5g, salt 0.4g, fibre 4.5g

Recipes adapted from *Scandi Kitchen* by Brontë Aurell (Ryland Peters & Small, £16.99). Photography by Peter Cassidy.



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SQUASH AND  
POTATO PICADILLO

# SUPPERS TO SAVOUR



*With healthier dishes to help you stick to your New Year's resolutions, but still hearty enough for chilly January evenings, Liz Martin packs a flavour punch into satisfying everyday meals.*

.....

## Squash and potato picadillo

**Serves 4 | Prep 15 mins | Cook 1 hr 30 mins**

2 tbsp olive oil, plus extra for brushing  
1 chilli, chopped  
1 red onion, chopped  
1 green or yellow pepper, deseeded and chopped  
2 cloves garlic, chopped  
1–2 tbsp ground cumin  
1 tsp dried mixed herbs  
2 tbsp tomato purée  
425g squash, peeled, deseeded and cut into small cubes  
400g Charlotte potatoes, cut into small cubes  
250ml white wine  
200g pimento-stuffed green olives  
2 tbsp capers  
50g sultanas  
2 tbsp red wine vinegar  
400g can chopped tomatoes  
100ml vegetable stock  
12 corn tortillas  
fresh torn oregano leaves, to garnish

- 1** Preheat the oven to 150C/fan 130C/gas 2. Heat the oil in a casserole dish and cook the chilli, onion and pepper for 5 minutes. Add the garlic and cumin and cook for 1 minute.
  - 2** Stir in the herbs, tomato purée, squash, potatoes, wine, olives, capers, sultanas, vinegar, tomatoes and stock. Bring to the boil, cover and cook in the oven for 1 hour 20 minutes, until the squash is tender.
  - 3** Heat a large frying pan until hot. Brush the tortillas with olive oil and cook, in batches, for 3 minutes over a medium heat until golden, flip over and cook for a further 2 minutes, until golden. Repeat with the remaining tortillas. Cut into wedges and serve with the stew.
- PER SERVING 560 cals, fat 17.5g, sat fat 3.5g, carbs 83.5g, sugars 26g, protein 12.5g, salt 3g, fibre 12g



CAULIFLOWER  
AND KALE  
BIRYANI

## Cauliflower and kale biryani

**Serves 4 | Prep 10 mins | Cook 30 mins**

225g basmati rice  
3 tbsp olive oil  
2 red onions, chopped  
375g cauliflower florets  
2 cloves garlic, chopped  
3tbsp biryani or korma curry paste  
good pinch of saffron threads  
600–700ml vegetable stock  
150g kale, shredded  
75g toasted flaked almonds

**For the raita:**  
150ml soya coconut yogurt  
¼ cucumber, chopped  
2 tsp mint sauce

- 1** Rinse the rice thoroughly and leave to drain. Heat the oil in large pan and sauté the onion and cauliflower florets for 8 minutes, stirring occasionally.
  - 2** Stir in the rice, garlic, biryani or korma paste, and saffron threads and cook for 1 minute.
  - 3** Add the stock and kale. Bring to the boil, cover and simmer for 20 minutes over a gentle heat, until the rice is tender. Uncover and stir through the toasted almonds.
  - 4** Mix together the raita ingredients in a separate bowl and serve with the biryani.
- PER SERVING 541 cals, fat 25.5g, sat fat 2.4g, carbs 67g, sugars 15.5g, protein 16g, salt 1.9g, fibre 9.5g



## Vegetable pearl barley risotto V

Serves 4 | Prep 15 mins | Cook 1 hr

2 tbsp olive oil  
2 leeks, sliced  
2 carrots, chopped  
500g squash, peeled, deseeded and diced  
175g turnips, peeled and diced  
2 cloves garlic, chopped  
2 tbsp fresh chopped sage  
1 tbsp tomato purée  
300g pearl barley  
200ml white wine  
1-1.2 litres hot vegetable stock  
vegetarian Parmesan-style cheese (optional)

**1** Heat the oil in a saucepan and cook the leeks, carrots, squash and turnips over gentle heat for about 12 minutes. Add the garlic and sage and cook for 2 minutes.

**2** Stir in the tomato purée and pearl barley and cook for 1 minute. Add the wine and half the stock and bring to the boil. Simmer, stirring occasionally, until the liquid is absorbed. Add another ladleful of stock, bring to the boil, then simmer until absorbed, stirring constantly.

**3** Repeat this process until the stock is used and the pearl barley is tender. Serve scattered with Parmesan-style cheese.

■ PER SERVING 515 cals, fat 13g, sat fat 4g, carbs 82.5g, sugars 13g, protein 15.5g, salt 2.1g, fibre 8g

### go vegan

V Leave off the Parmesan-style cheese, or choose a dairy-free variety such as Vegamigo's Parmezzo Vegan Cheese.

## Tikka chickpea aubergines

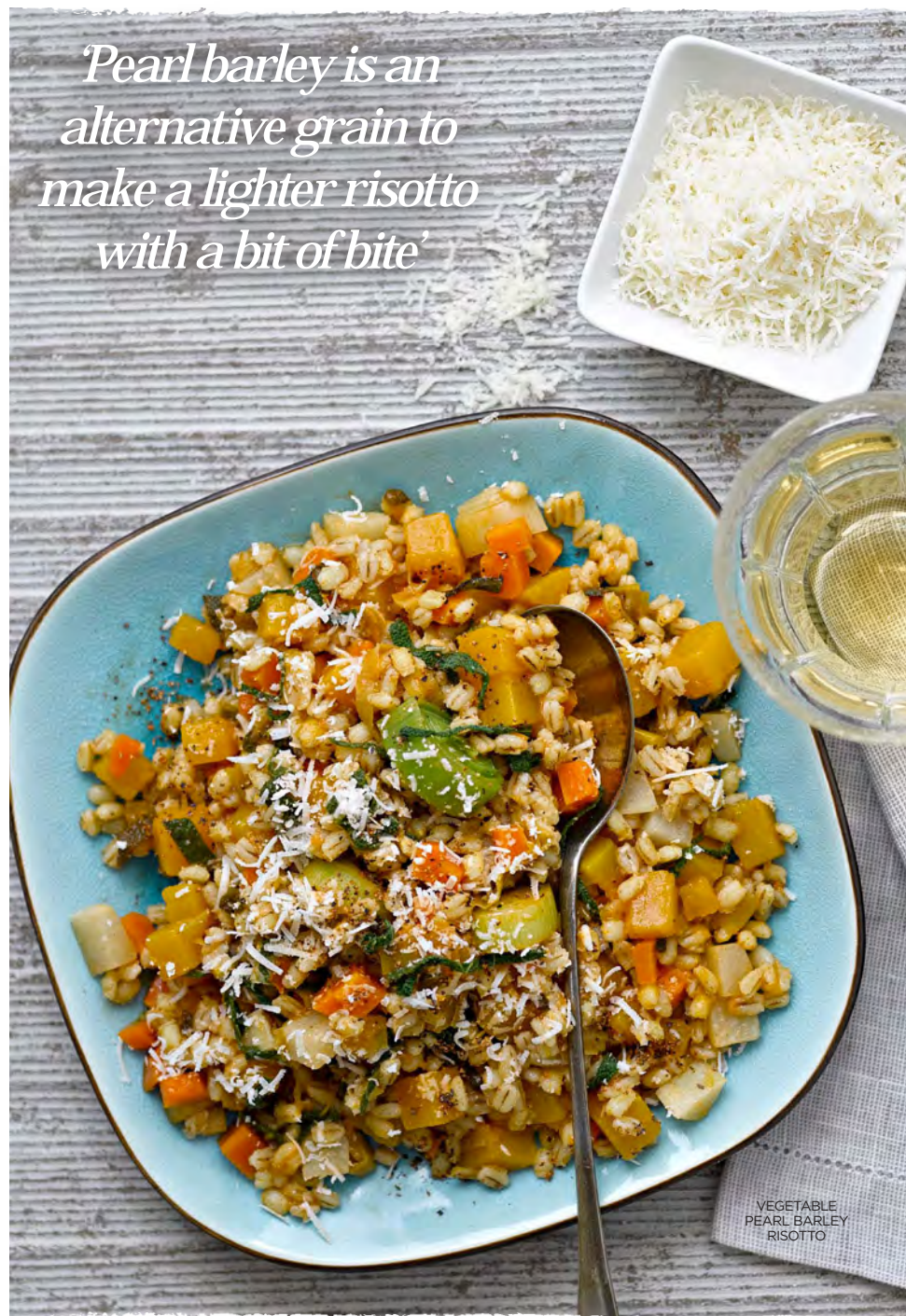
Serves 4 | Prep 20 mins | Cook 45 mins

4 aubergines  
2 tbsp olive oil, plus extra for brushing  
1 red onion, chopped  
2 cloves garlic, chopped  
3 tbsp tikka paste  
400g can chopped tomatoes, part drained  
150g tenderstem broccoli, cut into florets and stems finely chopped  
400g can chickpeas, drained  
150g paneer cheese, diced  
good handful of fresh coriander, roughly chopped

To serve:

100ml natural yogurt  
4 tbsp chilli jam  
chopped fresh coriander, to garnish

*Pearl barley is an alternative grain to make a lighter risotto with a bit of bite'*



**1** Preheat the oven to 200C/fan 180C/gas 6. Lightly grease a baking sheet. Cut the aubergines in half lengthways and score the flesh. Brush with oil and place on the baking sheet, cut-side uppermost. Bake for 25 minutes, until softened.

**2** Meanwhile, heat the oil in a frying pan and cook the onion for 5 minutes. Add the garlic and tikka paste and cook for 1 minute. Stir in the tomatoes and broccoli, bring to the boil and simmer for 10 minutes, stirring occasionally, until the broccoli is almost tender.

**3** Remove the aubergines from the oven and allow to cool. Scoop out the insides, keeping the shell intact, and chop into bite-sized pieces.

**4** Stir the aubergine, chickpeas, paneer and coriander into the tomato mixture, then spoon into the reserved aubergine shells. Bake for 20 minutes.

**5** To serve, drizzle the yogurt and chilli jam over the top of each aubergine half, and garnish with coriander.

■ PER SERVING 505 cals, fat 23.5g, sat fat 7.5g, carbs 55.5g, sugars 43g, protein 22g, salt 0.8g, fibre 15g





TIKKA CHICKPEA  
AUBERGINES





WINTER  
MINISTRONE  
WITH FENNEL  
AND CELERY



## Winter minestrone with fennel and celery

**Serves 4 | Prep 10 mins | Cook 15 mins**

2 tbsp olive oil  
2 leeks, sliced  
1 celery heart, sliced  
1 bulb fennel, chopped  
2 cloves garlic, chopped  
150g potatoes, peeled and diced  
2 sprigs of rosemary  
400g can borlotti beans, drained  
150g frozen peas  
50g orzo pasta  
1.3 litres vegetable stock  
75g fresh spinach leaves  
vegetarian Parmesan-style cheese (optional)

**1** Heat the oil in a saucepan and cook the leeks, celery and fennel over gentle heat for about 6 minutes, stirring occasionally.


**2** Add the garlic and potatoes and cook for 2 minutes.

**3** Stir in the rosemary, borlotti beans, peas, pasta and stock and bring to the boil. Cover and simmer for about 6 minutes.

**4** Add the spinach and simmer for 1 minute. Discard the rosemary and serve scattered with Parmesan-style cheese, if desired.

■ PER SERVING 266 cals, fat 11g, sat fat 3g, carbs 32.5g, sugars 6g, protein 14.5g, salt 2.3g, fibre 11.5g

### govegan

 Forgo the optional Parmesan-style cheese, or opt for a dairy-free alternative such as Vegamigo's Parmezzo Vegan Cheese.

## Baked sausage and lentils with cavolo nero

**Serves 4 | Prep 10 mins | Cook 40 mins**

8 vegetarian or vegan sausages  
2 tbsp olive oil  
2 onions, cut into wedges  
2 cloves garlic, chopped  
150g cavolo nero, thickly shredded  
400g can chopped tomatoes  
1 tbsp tomato purée  
2 x 400g cans cooked lentils, drained  
1 tbsp chopped fresh sage  
1 tbsp chopped fresh thyme  
100ml white wine

**1** Preheat the oven to 200C/fan 180C/gas 6. Lightly grease a small ovenproof

dish and arrange the sausages inside. Set aside.

**2** Heat the oil in a casserole dish and cook the onion for 5 minutes. Add the garlic and cavolo nero and cook for 3 minutes, stirring. Remove most of the cavolo nero from the pan. Set aside.

**3** Stir the tomatoes, tomato purée, lentils, sage, thyme and wine into the onion mixture and bring to the boil. Cover and place in the oven for 30 minutes.


**4** After 10 minutes of cooking, add the sausages to the oven and bake above

the casserole for 20 minutes, turning once during cooking.

**5** Remove both dishes from the oven and lightly stir the reserved cavolo nero into the lentil bake. Serve with the sausages.

■ PER SERVING 452 cals, fat 16.5g, sat fat 3.5g, carbs 44g, sugars 12g, protein 30g, salt 1.6g, fibre 14.5g

### freezeme

 The lentil mixture can be frozen, but not the sausages.



BAKED SAUSAGE AND LENTILS WITH CAVOLO NERO



***The epic scale of food waste is a hot topic at the moment, with top chefs campaigning for change, while charities and businesses find innovative ways to use waste produce. Meet one young entrepreneur, who has turned would-be rubbish into a range of delicious chutneys.***



# Produce in a pickle

Jenny Dawson seemed to have it all. She was 25, earning good money at a hedge fund in the City, and living the kind of life many young graduates dream of. But something was missing from her life and at 4 o'clock in the morning outside a chilly London market she started to work out what it was.

'It was at the time when bin divers were first hitting the news and I found the idea of food waste fascinating. I read an article about the fruit and veg wholesale markets in London that work through the night and I decided I was going to go.'

She set her alarm and cycled to New Spitalfields Market, which supplies shops and restaurants across the capital, discovering a nocturnal world most Londoners never see. 'It was buzzing and chatty and incredible.

I loved the atmosphere! But there were also so many boxes of food going to waste. I opened a lid and there was this huge bag of perfectly edible veg inside. I took some home and started to think about what I could do with all this stuff.'

Jenny grew up on a farm on the West Coast of Scotland and spent her childhood seeing her mother using their excess crops by making preserves. As she rode home, she thought she'd do the same as her mum and make some chutney. It was the 'eureka moment' that changed her life: her business, Rubies in the Rubble was born.

## Market forces

'I started to think I could really easily use all this waste veg if I made preserves,' Jenny

recalls. 'So I booked the cheapest stall I could find at a farmers' market for £40 and gave myself three weeks to make as many chutneys as possible. It was easy to get the supplies because I just talked to market traders and they were keen to help because it breaks their hearts to throw stuff away.'

It was a snowy December and the stall was not the slickest – the jars weren't even uniform sizes because Jenny had to use whatever glassware she could get her hands on – but they sold out.

'It was such a buzz selling something that we'd made and were passionate about. I think we were lucky that people just wanted last-minute presents and liked our enthusiasm, but for me it was such a difference from my job. Going into the City





Jenny shows off her range of preserves

*'It was easy to get supplies of fruit and veg – market traders were keen to help because it breaks their hearts to throw stuff away'*

had felt like a natural career path because I did a Masters in mathematics, but I just didn't have the passion for it and was living for the weekends. This felt like something really positive and I went home that Christmas and told my parents that I was going to make a business of making chutney.'

### From passion to pickle

Five years on and Rubies in the Rubble now supplies five chutneys to 200 outlets, including Waitrose, Fortnum & Mason and Whole Foods, and has also created a bespoke piccalilli for Jamie Oliver. All of the ingredients come from food waste and there are plans to introduce a range of soups and sauces soon. The company is an example of someone passionate but inexperienced,

willing an idea into existence.

'I was totally naïve when I look back,' reflects Jenny. 'I didn't have a big plan and probably should have. I just rang charities I thought might have spare kitchen capacity on a weekend and also spoke to farmers and traders about the food that was going to waste. That led me to taking a stall in Borough Market and slowly things grew. The moment I knew it was really going to work was when we went to see Waitrose. They'd heard about us because we'd won an award, but on the day we went to see them there was an absolute downpour so we turned up looking like drowned rats! We were so unprofessional, but they were really supportive and put us in touch with their farmers. That meant we could see how much

### Jenny's business tips

**JUST DO IT!** My main advice to anyone thinking about launching something is to just get going. We didn't have a business plan; we didn't spend lots of time worrying about it.

**IT'S NOT ALL ABOUT THE MONEY**  
I know many people say they hold back because they don't have enough money to get started, but it's not the cash that's key. You can do a lot of trial and error and see if there is demand for your product with very little cash.

**WHAT IF IT DOESN'T WORK OUT?**  
The other thing that holds people back is the fear of failing, and actually that's the fear of being judged. If you put your all into it, then after six months you will have learned so much. Even if you jump back into another role you will do so with so much more experience. No-one ever really knows what's going to work, you just have to give it a go and see what happens.



Jenny's chutneys are made with produce that farms and supermarkets can't or won't sell



## Barmy surplus

'We've created our range around fruit and veg that are eaten year-round,' says Jenny. 'There are always wasted tomatoes; there are always loads of bananas. We work with two farms and they have about 20 spare tons of tomatoes per week – we only take 1 ton a week, so we are miles off hitting capacity. You'd be amazed what can lead produce to be wasted: a supermarket may only want to sell five bananas in a bunch and naturally there'll be six, so we take those spares; or they won't display large Braeburn apples as the customer simply won't buy them because they're considered too big.'



waste there was and work out how we could access it – that made me realise we could scale our idea upwards and sell a lot of jars.'

Having outsourced production, their big challenge now is to find a manufacturer who can handle more capacity, allowing them to match demand – especially now they have new contracts with Eat and Virgin Trains.

'Getting into sandwiches is great, because it means you can predict what you're going to sell. Next we're looking to re-brand to tell our story more and also to be bolder about the food waste message while also being more mainstream. We want to take it into products that people buy more often than chutneys, so soups and sauces are an obvious next step. We want to become a brand that really stands for something and is synonymous with tackling food waste in as many ways as possible.'

● Find out more about the full range at [www.rubiesintherubble.com](http://www.rubiesintherubble.com).





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*Best-selling food writer and award-winning blogger Heidi Swanson shares simple and beautiful recipes acquired on her travels in Japan, Morocco and India.*



# HOME & AWAY

## Salt-baked sweet potato with turmeric onions

I sometimes make this with massive russet potatoes and other times – like this – with plump sweet potatoes: white-fleshed Japanese sweet potatoes are my preference. In either case, it's all about the toppings. The silky turmeric onions are good on just about anything, but particularly nice mingling with bursts of grapefruit segments, toasted walnuts, herbs and crème fraîche. It's a quirky mix that somehow works.

**Serves 6 | Prep 20 mins | Cook 1 hr**

3 medium sweet potatoes  
large-grain sea salt  
2 tbsp extra-virgin olive oil  
1 medium onion, quartered and thinly sliced  
½ tbsp turmeric  
¼ tsp fine-grain sea salt  
1 tbsp white wine vinegar  
grapefruit segments, toasted walnuts, chopped olives, dill, chives, rocket, to serve  
125g crème fraîche

**1** Preheat the oven to 200C/fan 180C/gas 6. Wash and scrub the sweet potatoes, prick them all over with a fork and sprinkle generously with large-grain sea salt. Bake the sweet potatoes until tender throughout. This can take an hour for large potatoes, less for smaller.

**2** While the potatoes are roasting, heat the olive oil in a frying pan over



PHOTOGRAPHY: HEIDI SWANSON

SALT-BAKED SWEET POTATO  
WITH TURMERIC ONIONS



medium heat. Add the onion, turmeric and fine-grain salt and cook until soft but not browned, about 7 minutes. Add the vinegar to the pan and let it caramelise for a minute or so, adding a couple of tablespoons of water if the pan becomes dry. Remove from the heat and set aside.

**3** Next, prepare the toppings so they're ready when the hot sweet potatoes come out of the oven.

**4** When the potatoes are done, cut each in half lengthways. Salt a bit and use a fork to gently fluff some of each half's flesh. Add a touch of crème fraîche, then really pile on the toppings and salt to taste. Serve nestled together in a bowl or on a platter with some rocket tucked about.

■ PER SERVING 291 cals, fat 20.5g, sat fat 7g, carbs 23.5g, sugars 8g, protein 4g, salt 1.3g, fibre 5g

## Spring rolls with brown sugar tofu and mushrooms **V**

At a glance, this recipe looks a bit component-y, but that's just the nature of spring rolls. They actually come together pretty quickly and the good news is you can prep the onion paste and tofu a day or two ahead of time. Here's how these work. Each roll has a slather of ginger onion paste, a couple of crunchy lettuce leaves, some mushrooms, some tofu and a bit of coriander (or other herb of your choice – mint, basil). Roll tight and you're set.

**Makes 12 spring rolls**

**Prep 40 mins | Cook 20 mins**

**For the ginger onion paste:**

2 spring onions, thinly sliced  
3 medium French shallots, thinly sliced  
3 tbsp grated ginger  
½ tsp fine-grain sea salt  
90ml unrefined sunflower oil

**For the brown sugar tofu and mushrooms:**

340g extra-firm tofu  
3 medium cloves garlic  
½ tsp fine-grain sea salt  
4 tsp natural brown sugar  
2 tbsp sunflower oil, plus extra if needed  
225g mushrooms, brushed clean, sliced 5mm thick

about 12 rice paper wrappers  
1 head crisp, crunchy lettuce, either Baby Gem or cos  
1 small bunch of coriander or other fresh herbs

**1** Make the onion paste. Place the onions, shallots and ginger in a mortar and sprinkle with the salt. Pound with the pestle until the onions are quite bruised, but not paste-like.

**2** Heat the oil in a small saucepan until hot enough that you could sauté something in it. Add the onion mixture to the oil, remove from the heat and transfer to a jar to cool. I like to drain off (and save) most of the oil before

using it in the spring rolls, leaving just the paste.

**3** Pat the tofu dry and cut into 6 equal-sized slabs before arranging in a single layer on a rimmed plate. Place the garlic in a mortar and pestle, sprinkle with the salt and sugar and pound into a paste. Work the oil in a bit at a time, continuing to work the ingredients until they come together. Scrape the paste on to the tofu slices and use your hands to gently slather and coat each piece of tofu with the paste; be quite thorough.

**4** Place the tofu in a single layer in a large frying pan over medium-high heat and cook until deeply golden on



SPRING ROLLS WITH BROWN SUGAR TOFU AND MUSHROOMS



each side, 5 minutes or so. It's likely you won't need any additional oil here; if you do, add to the pan a small splash at a time. Remove the tofu from the pan and when cool enough to handle, slice into pencil-thick pieces and sprinkle with salt to taste.

**5** While the tofu is cooking, toss the mushrooms gently (but well) in the residual marinade left in the plate that held the tofu. Once the tofu is done, use the same pan to cook the mushrooms over high heat, stirring just a couple of times along the way, until the mushrooms release and evaporate their water and take on a nice, dark colour. Transfer to a bowl or platter and season with a bit more salt if needed. Keep the tofu and mushrooms separate.

**6** To assemble, dip a rice paper wrapper into a bowl of hot water for just 3 seconds. Resist oversozing – even if the paper is a bit stiff, it will continue to absorb water as you assemble the wrap. Place on a flat work surface and fold in half.

**7** You're going to want to keep all of your ingredients crowded into one-third of the available surface of the wrapper at this point. First, put down a generous smear of ginger onion paste. Add a lettuce leaf or two, a little tofu, a few mushrooms and some coriander, then tuck the wrapper over the filling and roll it up. I like open-sided rolls, but you can also make enclosed ones by leaving the wrapper round and folding in the edges mid-wrap.

**COOK'S TIP** The ginger onion paste is very versatile. I use it to cook scrambled eggs; I cook soba noodles, drain them and toss them with a few spoonfuls of this; and I drizzle it over just-cooked (or barbecued) vegetables too.

■ PER ROLL 78 cals, fat 3g, sat fat 0.5g, carbs 9.5g, sugars 7.5g, protein 3g, salt 0.5g, fibre 1g

## Chicory soup

Preserved lemons are the chewy, salty, puckery gems of the Moroccan table. And while you can make your own, they're increasingly easy to come by in many stores. They're bright bursts in simple salads or vinaigrettes, or in a chilli relish like the one I make here to top a hearty, unfussy barley soup. You can use the



CHICORY SOUP

chopped peel, or the entire lemon (deseeded). You'll find assorted types of chicory (endive) in the winter and autumn; they're related to lettuce, but more bitter and generally more structured. For this soup a blend of radicchio and escarole works nicely, but you can select just one. I also like to use a bit of the barley cooking water in place of some of the water called for here.

**Serves 4 | Prep 25 mins | Cook 50 mins**

**105ml extra-virgin olive oil, plus extra for serving**

**1 medium onion, quartered and thinly sliced**

**225g diced celery**

**fine-grain sea salt**

**1 bay leaf**

**3 fresh thyme sprigs**

**1.75 litres water**

**425g cooked barley**

**1 large dried ancho chilli**

**1 large clove garlic, smashed**

**1 small whole preserved lemon, rinsed, seeded and finely chopped**

**115g chicory (endive), cut into 4cm pieces**

**crème fraîche, chopped coriander and/or chopped chives, to serve**

**1** To a large pot over medium heat, add 60ml of the olive oil, the onion, celery and 2½ teaspoons of salt. Stir frequently for 5–10 minutes, until the onions and celery are soft but not browned. Add the bay leaf, thyme and



water and let simmer for about 20 minutes, until the vegetables are very tender.

**2** Stir in the cooked barley. Continue to simmer for an additional 10–20 minutes, until the starchy barley has slightly thickened the broth. Remove and discard the bay leaf and thyme sprigs. Taste again for seasoning, adjusting if necessary.

**3** While the soup is simmering, make a lemon chilli relish. Start by removing the stem, ribs and seeds from the chilli. Chop the chilli into very small, irregular crumbles. You want bits that are not uniform, to lend a rustic quality. In a small saucepan over medium heat, combine the remaining olive oil, the chilli crumbles and garlic. Tilt the pan so that the oil pools, toasting the chilli, but taking care not to burn the garlic. After about 5 minutes the chilli should be somewhat softened and its flavour will have infused the oil. Remove the pan from the heat, smash up the garlic pieces and stir in the preserved lemon.

**4** To serve, toss the chicory with a small splash of olive oil and a sprinkling of salt. Ladle soup into individual bowls then top with the dressed chicory. Add small spoonfuls of lemon-ancho relish, dabs of crème fraîche and lots of chopped coriander and chives.

■ PER SERVING 454 cals, fat 34g, sat fat 7g, carbs 33.5g, sugars 4g, protein 5g, salt 1.6g, fibre 2.5g

## Vaghareli makai

Visiting the spice market in Old Delhi, I saw a cluster of women in electric green and pink saris crouched in a strip of dirt between spice vendors. They were sorting pistachios – nut from shell. One was eating a simple bowl of rice topped with a smear of what looked like an Indian harissa paste and edged by a peanut-corn vegetable medley of sorts. It was beautiful and simple and you knew at a glance it tasted good. Here's my version. You can enjoy it over rice, over lentils or on its own as a side dish. It's best with fresh corn – although you can use frozen corn that has thawed. Even better, substitute chopped asparagus, broccoli or another vegetable when corn isn't in season.



VAGHARELI MAKAI

**Serves 4 | Prep/cook 20 mins**

**2 small fresh red chillies**  
**2 medium cloves garlic**  
**2.5cm piece of ginger**  
**¼ tsp turmeric**  
**¾ tsp fine-grain sea salt**  
**30g clarified butter, ghee or sunflower oil**  
**1½ tsp yellow or brown mustard seeds**  
**455g fresh corn kernels**  
**55g roasted peanuts**  
**30g chopped coriander**  
**1 or 2 lemons, cut into wedges**  
**2 tbsps toasted sesame seeds**

**1** Use a mortar and pestle or a food processor to smash the chillies, garlic, ginger, turmeric and salt into a paste.

**2** Heat the butter, ghee or sunflower oil in a frying pan over medium-high heat. Add the mustard seeds and,


once they have begun to pop, stir in the corn.

**3** Cook, stirring gently but constantly for a minute or so, then add the peanuts, half the coriander and half the prepared chilli paste. Cook for another minute or so; taste and add the rest of the paste if you don't find the dish too spicy, and a good squeeze or two of lemon juice. Taste and adjust the seasoning if needed.

**4** Serve topped with the remaining coriander, the sesame seeds and the remaining lemon wedges.

■ PER SERVING 263 cals, fat 20g, sat fat 6g, carbs 13.5g, sugars 4.5g, protein 10.5g, salt 1.9g, fibre 8g

**govegan**

 Opt for sunflower oil for frying, rather than butter or ghee.



Recipes adapted from *Near & Far: Recipes inspired by home and travel* by Heidi Swanson (Hardie Grant, £20). Photography by Heidi Swanson.





**Our new columnist Áine Carlin focuses on fun, flavour and fantastic food, revealing everything from brilliant baking tips to essential ingredients and simple switches that will transform your dairy-free cooking.**



# Dinky doughnuts

For me, food should be joyous. Regardless of whether it's plant-based, dairy-free, sugar-free (or whatever buzzword happens to be doing the rounds), the primary goal should always be taste. Of course, if it happens to be even moderately healthy that's an added bonus. Don't get me wrong, I have no qualms about 'clean eating' in theory, but it seems to me we've become so bogged down with these ever-narrowing cooking parameters of late, we've lost sight of the bigger picture. Yes, food should be nourishing but it should also be a celebration of flavour, not an exercise in what we can successfully eliminate from our diet and still survive.

In order to restore some equilibrium then, I hope the 'back to basics' approach of this column can help us regain a little balance in our lives – and where better to start than with baking.

Okay, so these little doughnuts happen to be 'refined sugar-free', but before you cry 'hypocrite' I promise there is a valid reason for this (other than sugar currently being deemed the devil) and that reason is taste. You see, while I generally prefer a sweet-hit first thing in the day, a full blown sugar-loaded option would be too much for my delicate 'so *not* a morning person' disposition, which is why my aim here was to achieve the right level of sweetness coupled with that deliciously breadly texture normally associated with the traditional (yet long-winded) yeast-activated variety.

After trundling through several iterations of the same recipe (some of which included icing sugar – good for texture but tooth-achingly sweet) I finally settled on these maple syrup-enhanced beauties for their magnificent mellow quality. Perfect for breakfasts and brunches with just enough of a sweet kick to satiate the masses. Truth be told, I trialled all varieties (sugar-laden ones 'n' all) on my husband's work colleagues and these are the batch that came up trumps. So you see, flavour will always win out – even when people don't quite know what they're eating.

The flour inclusion is a combination of spelt (I am officially obsessed) and good old plain flour. Because these are baked, they need that lightness only achieved with white flour... a crime to some but a compromise I'm willing to make. Anything 100 per cent wholemeal is going to have an inherently dense quality and these are supposed to be delicate morning morsels, not stodgy, rings of mediocrity.

If you're not already in possession of a doughnut tin, may I gently suggest investing in one? While I'm usually averse to unnecessary kitchen purchases (I simply don't have the room to store all those fancy accoutrements), my cheap-as-chips doughnut tin has perhaps been one of my more savvy buys. There's just something so appealing about their dinky shape and size, *and* they never fail to get a 'wow'... even though, like a bundt cake, the tin has done all the hard work.

Feel free to top them with whatever you fancy, but seeing as these are intended for breakfast/brunch I like to keep some sort of theme going with the texture-driven nuts and seeds addition. Simply place a mixture of your favourite nuts and seeds into a food processor and pulse until you achieve the desired consistency. Finally, and in true American style, don't forget to brew a strong pot of coffee to serve alongside these delightful bites ... what can I say, Dunkin' Donuts ain't got nothin' on me.

## Baked baby breakfast doughnuts

**Makes 10 doughnuts**

**Prep 30 mins | Cook 15 mins**

1 tbsp coconut oil, plus extra for greasing  
80g spelt flour  
40g plain white flour  
¾ tsp baking powder  
pinch of salt  
1 tbsp ground flaxseed  
125ml soya or other plant milk  
½ tsp cider vinegar  
60ml maple syrup  
1 tsp vanilla extract

**For the topping:**

2 tbsp maple syrup  
½ tbsp coconut oil  
80g crushed nuts and seeds

- 1** Preheat the oven to 180C/fan 160C/gas 4. Grease a mini doughnut baking tin with a little coconut oil.
  - 2** Sift the flours, baking powder and salt into a bowl.
  - 3** Mix the ground flaxseed with 3 tablespoons of water and set aside until it thickens. Measure out the soya milk, add the cider vinegar and set aside until it begins to curdle.
  - 4** Gently melt the coconut oil over a low heat before adding to the soya milk mixture. Whisk in the maple syrup and vanilla extract, and finally the thickened flaxseed.
  - 5** Make a well in the centre of the flour and pour in the wet mixture. Fold gently until combined, ensuring you don't overwork the batter.
  - 6** For ease, spoon the batter into a piping bag with a medium-sized nozzle and fill each doughnut mould in the prepared tin about two-thirds full – be sure not to overfill. Bake for 12-15 mins. Allow them to cool slightly before removing from the tin.
  - 7** To make the topping, gently heat the maple syrup and coconut oil together until they form a smooth, glossy syrup. Brush one side of each doughnut with the syrup before dipping firmly in the crushed nut and seed mix. Set aside to cool completely before serving.
- PER DOUGHNUT 148 cals, fat 7.5g, sat fat 2.5g, carbs 18g, sugars 7g, protein 3.5g, salt 0.3g, fibre 1.5g

### ABOUT ÁINE

Áine blogs about vegan food, fashion and lifestyle at [www.peasoupeats.com](http://www.peasoupeats.com). Her first cookbook, *Keep it Vegan*, was published in 2014, and her second – *The New Vegan* – is published by Kyle Books on 31 December. Look out for fantastic recipes from *The New Vegan* featuring in the February issue!



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*‘These maple  
syrup-enhanced  
beauties have a  
magnificent mellow  
quality. Perfect  
for breakfasts and  
brunches’*

---

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# A pie and a pud



## **Spinach, butternut squash and cheese free-form tart**

**Serves 4 | Prep 30 mins | Cook 1 hr 25 mins**

dairy-free margarine, for greasing  
½ butternut squash (about 500g), peeled, deseeded and cut into 2cm cubes  
2 tbsp olive oil  
50g hazelnuts, roughly chopped  
1 red onion, finely chopped  
2 cloves garlic, crushed  
250g chestnut mushrooms, sliced  
250g baby-leaf spinach  
100g dairy-free cheese, crumbled  
1 recipe quantity gluten- and dairy-free shortcrust pastry (see recipe, opposite), mixing in 100g grated dairy-free cheese before chilling  
4 free-range eggs, beaten, plus 1 free-range egg, beaten, for the egg wash  
pinch of freshly grated nutmeg  
1 handful of flat-leaf parsley leaves, chopped  
sea salt and freshly ground black pepper

- 1** Preheat the oven to 180C/fan 160C/gas 4 and grease a 20cm round loose-based tart tin with margarine. Put the butternut squash on a baking sheet and drizzle with 1 tablespoon of the oil. Bake for about 40 minutes, until softened but still firm.
- 2** Meanwhile, put the hazelnuts in a heavy-based frying pan and dry-fry for 2–3 minutes, stirring frequently, until lightly browned. Remove from the pan and leave to one side.
- 3** Heat the remaining oil in a large frying pan or wok over a medium heat. Add the onion and cook for about 2 minutes, stirring occasionally, until softened. Add the garlic and stir in for about 30 seconds. Add the mushrooms and cook for about 5 minutes until lightly browned. Add the spinach and cook for 2–3 minutes until wilted. Tip any excess liquid out, using the back of a large wooden spoon to squeeze the liquid from the spinach, and discard. Stir in the roasted squash and the grated cheese.
- 4** Roll out the pastry to a circle about 5mm thick and larger than the tart tin, to allow enough pastry to turn over on the top of the tart. Be careful, as the pastry will still be slightly sticky. Neaten the edges with a

SPINACH,  
BUTTERNUT  
SQUASH AND  
CHEESE FREE-  
FORM TART

PHOTOGRAPHY: TOBY SCOTT



sharp knife, then, using a rolling pin to lift the pastry up, ease the pastry into the tin, pressing down carefully to remove any air pockets.

**5** Spread the spinach and squash mixture over the pastry case and sprinkle the hazelnuts over the top. In a bowl, mix together the eggs, nutmeg and parsley and season lightly with salt and pepper. Pour the mixture over the spinach mixture. Carefully fold the sides of the pastry over the top. Smooth down and, using a pastry brush, glaze with the egg wash.

**6** Bake for about 45 minutes until the filling is cooked through. Remove from the oven and leave to cool in the tin for 5 minutes. Serve hot.

■ PER SERVING 894 cals, fat 62.5g, sat fat 19.5g, carbs 49.5g, sugars 9g, protein 35g, salt 3.5g, fibre 8.6g

## Gluten- and dairy-free shortcrust pastry

100g brown rice flour, plus extra as needed

50g gram (chickpea) flour

50g maize flour

1 tsp xanthan gum

½ tsp sea salt, crushed

125g dairy-free margarine, chilled and chopped into pieces

1 large free-range egg, beaten

Sift the flours and xanthan gum into a large mixing bowl. Put the shortcrust pastry mix in a large mixing bowl, add the salt and mix together well. Add the margarine and blend until the mixture resembles breadcrumbs. Add the egg and blend for 20–30 seconds until the mixture comes together to form a sticky dough. Shape the pastry into a ball, wrap it in cling film and chill in the fridge for 30 minutes.

## Sticky toffee pudding

Serves 10

Prep 20 mins + soaking and cooling  
Cook 3 hrs

200g pitted dates, chopped

50g dairy-free margarine, plus extra for greasing

175g dark brown sugar

2 free-range eggs

4 tbsp golden syrup

1 tsp vanilla extract

150g gluten-free cake mix  
(see recipe, right)



STICKY TOFFEE PUDDING

1 tsp bicarbonate of soda

1 tsp gluten-free baking powder

For the toffee sauce:

50g dairy-free margarine

100g dark brown sugar

3 tbsp golden syrup

50ml dairy-free cream

**1** Put the dates in a bowl, cover with 300ml boiling water and leave for 10 minutes to soften. Grease a 1-litre pudding basin with margarine and line the base with baking parchment.

**2** Put the margarine and sugar in a large mixing bowl and, using an electric mixer, beat together until light and fluffy. Beat in the eggs, one at a time, then beat in the golden syrup and vanilla extract until well mixed.

**3** In a separate large bowl, mix together the cake mix, bicarbonate of soda and baking powder. Using a large metal spoon, fold the flour mixture into the egg mixture. Add the softened dates and their soaking liquid and fold in gently, too. Mix well, but take care not to overmix, then spoon the mixture into the pudding basin and level the surface with the back of a spoon. Cover the top of the basin with two layers of greased foil and tie a piece of string tightly around the basin rim to secure it.

**4** Put the basin in a large saucepan and pour in enough boiling water

to come halfway up the sides of the bowl. Cover the pan with a lid and leave to simmer for 3 hours over a low heat, adding more boiling water if needed. Remove the basin from the pan and leave the pudding to cool in the basin for 15 minutes.

**5** Meanwhile, make the toffee sauce. Put all the ingredients in a heavy-based saucepan, stir and bring to the boil over a medium heat. Turn the heat up to medium-high and boil gently for about 5 minutes, without stirring, until the mixture changes colour and starts to thicken slightly. Remove from the heat.

**6** Remove the foil from the basin and turn the pudding out on to a serving plate. Pour the toffee sauce over the pudding to serve.

■ PER SERVING 355 cals, fat 9.5g, sat fat 2.5g, carbs 64.5g, sugars 53g, protein 3.5g, salt 0.8g, fibre 1.5g

## Gluten-free cake mix

100g brown rice flour

100g cornflour

50g gram (chickpea) flour

50g maize flour

1 tsp xanthan gum

Sift the flours and xanthan gum into a large mixing bowl and mix together.



Recipes adapted from *The Best Gluten-free and Dairy-free Baking Recipes* by Grace Cheetham (Nourish Books, £14.99). Photography by Toby Scott.





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# COOKING FOR A CROWD

From an alpine menu to superfood-infused afternoon tea and a Burns Night veggie haggis, make inspiring food for friends.





# ALPINE

## inspiration

In the chilly winter months, recreate the après-ski experience at home for friends, with Lizzie Kamenetzky's comforting dishes that will warm hearts and hands – snow not essential!



### Celeriac and parsnip velouté

*Velouté* means 'velvety' in French – it is smooth and creamy and like velvet in the mouth. A big bowl of steaming velouté will cling enticingly to your bread as you dunk it.

**Serves 4 | Prep 20 mins**

**Cook 50 mins**

1 celeriac (about 500g), scrubbed  
2 parsnips (about 350g), scrubbed  
2 small onions, 1 halved and 1 finely chopped  
2 cloves garlic, crushed  
5 fresh thyme sprigs  
100g unsalted butter  
100g cooked peeled chestnuts

100ml whole milk  
2 tbsp Madeira  
a squeeze of lemon juice  
sea salt and ground black pepper  
double cream, to serve

**1** Peel the celeriac and parsnip (reserving the peel) and finely chop the flesh. Put the peel and 100g of each vegetable into a pan with the halved onion, the garlic and half the thyme. Add 1.2 litres of water and simmer gently for 30 minutes. Strain the stock.

**2** Heat the butter in a pan, add the finely chopped onion and fry for 10 minutes until soft. Add the remaining parsnip and celeriac, the chestnuts and the remaining thyme. Add

the stock and milk and simmer for 20 minutes until the vegetables are tender.

**3** Strain, reserving the liquid and then whizz the solids in a blender until smooth (you will get a smoother soup this way than if you blend in the pan with a hand blender).

**4** Return the puréed vegetables to the pan through a sieve and add enough of the cooking liquid to form a rich velouté. Season to taste and add the Madeira and a little squeeze of lemon. Bring back to a simmer then serve with a good swirl of double cream.

■ PER SERVING 423 cals, fat 32g, sat fat 19g, carbs 28g, sugars 13.5g, protein 5.5g, salt 1.4g, fibre 12.4g



CELERIAC  
AND PARSNIP  
VELOUTÉ





## Gnocchi with wild mushrooms

There is something undeniably comforting about little pillows of potato gnocchi. When cooked properly, they should be tender and fluffy rather than dense and heavy. If wild mushrooms aren't in season, you can make this with white or portobello mushrooms instead.

**Serves 6 | Prep 30 mins | Cook 1 hr**

**500g even-sized small floury potatoes, such as Maris Piper, unpeeled**  
**100g '00' flour, plus extra to dust**  
**freshly grated nutmeg**  
**1 free-range egg, beaten**  
**30g unsalted butter**  
**1 tbsp olive oil**  
**2 banana shallots, finely chopped**

**2 cloves garlic, crushed**  
**300g wild mushrooms, cleaned and sliced if large**  
**75ml dry white wine**  
**150ml double cream**  
**a small handful of fresh parsley leaves, chopped**  
**fine sea salt and ground black pepper**  
**freshly grated vegetarian Parmesan-style cheese, to serve**

- 1** Cook the potatoes, whole in their skins, in boiling salted water for 25 minutes until they are tender.
  - 2** Drain the potatoes and, once cool enough to handle, peel the skins off and mash the flesh using a potato ricer or by pushing it through a sieve so it is lump-free and fine.
  - 3** Put the flour, 1 teaspoon of salt and a little nutmeg into a bowl and add the potato, mixing with the blade of a knife. Make a well in the centre, add the beaten egg and mix together until well combined. Bring together with your hands but don't knead or you could make your gnocchi tough.
  - 4** On a lightly floured surface, roll out the dough into sausage shapes, about 1cm wide, then cut into 1cm pieces. Use the tines on the back of a fork to roll the gnocchi, giving them the characteristic ridges. Put on a floured baking sheet and chill until you are ready to cook. (You can cook them now or chill for up to 24 hours.)
  - 5** Make the sauce. Melt the butter in a pan and add the oil and shallots. Cook for 10 minutes until softened and tender. Add the garlic and fry for a further 30 seconds, then add the mushrooms. Increase the heat and fry for 10 minutes until they are golden brown.
  - 6** Add the wine and bubble for a minute. Add the cream, a splash of boiling water to loosen it a little and plenty of salt and pepper, then stir in most of the parsley.
  - 7** Bring a pan of salted water to the boil and add the gnocchi. They are cooked once they float to the surface, about 1–2 minutes. Scoop out with a slotted spoon and divide among warmed serving bowls. Warm through the sauce and spoon over the gnocchi. Scatter with the remaining parsley and serve.
- PER SERVING 370 cals, fat 23g, sat fat 13g, carbs 32g, sugars 2g, protein 9g, salt 1.3g, fibre 3g



## Prune and Armagnac soufflé

A soufflé is a thing of great beauty. You delve into its depths to find the soft, almost gooey centre and, in this case, a hit of sweet prunes and Armagnac. Don't fear the soufflé, they are actually far more robust than a lot of people make out. You can even take them from the oven, dig in a spoon to see if it has reached perfect cookedness and pop it back in the oven if it isn't ready, and they will be none the worse for wear.

**Serves 6**

**Prep 30 mins + marinating overnight**

**Cook 15 mins**

200g pitted prunes

50ml Armagnac

1 tsp pure vanilla extract

1 tsp fennel seeds, wrapped in a small piece of muslin and tied into a bag

20g plain flour

20g butter, plus melted butter, to brush

75g caster sugar, plus extra for dusting

200ml whole milk

2 free-range egg yolks and 3 free-range egg whites

6 small scoops of vanilla ice cream

**1** Put the prunes in a small pan with the Armagnac, vanilla and fennel, and heat gently until steaming. Remove from the heat and leave to stand overnight.

**2** Discard the fennel seeds in the bag then remove 6 prunes. Purée the remaining prunes with the juices in a food processor or blender until really smooth. Set aside.

**3** Put the flour, butter and 2 tablespoons of the caster sugar in a bowl and rub together with your fingertips to resemble breadcrumbs. Bring the milk to just below the boil then whisk in the flour and butter mixture. Cook, stirring constantly, over a low heat until you have a thick sauce. Remove from the heat and beat in the 2 egg yolks. Spoon into a bowl and set aside to cool completely, place a layer of cling film on the surface to stop a skin forming.

**4** Brush six 175ml ramekins with melted butter, then dust the insides with sugar. Put on a baking sheet. Preheat the oven to 200C/fan 180C/gas 6.

**5** Once cooled, fold the prune purée through the custard mixture. Whisk the egg whites to stiff peaks, then gradually whisk in the remaining caster sugar until you have a glossy meringue mixture. Mix a spoonful of this into the prune custard to loosen it, then carefully fold in the rest. Spoon into the ramekins so they are just over three-quarters full. Bake for 12-15 minutes until risen and firm with a slight wobble.

**6** Cut a slit in the top of each, push in a soaked prune and top with a scoop of the ice cream. Serve immediately.

■ PER SERVING 299 cals, fat 11g, sat fat 6g, carbs 41.5g, sugars 39g, protein 6.5g, salt 0.3g, fibre 3g

Recipes adapted from *Winter Cabin Cooking* by Lizzie Kamenetzky (Ryland Peters & Small, £19.99). Photography by Nassima Rothacker.



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### CABIN FEVER

Vegetarian Living readers can buy *Winter Cabin Cooking* at the special price of £13.99, including p&p. Simply call 01256 302699 and quote the reference EB6.





PHOTOGRAPH: SHUTTERSTOCK.COM

# An ode to Scotland

**Whether you're celebrating Scottish roots, or simply want an excuse to throw a great party, Burns Night is the perfect opportunity to give the traditional haggis a veggie twist, says Sarah Beattie.**

When the last of the Christmas cards have come down, the tree has been recycled and the fairy lights have been packed away, January can seem rather bleak, grey and very long. That flat feeling of 'nothing to look forward to' can persist, so why not start planning a cheery Burns Night party now?

Burns Night, traditionally held on 25 January, ostensibly celebrates the Scottish poet on his birthday, and now it seems a reasonable excuse to fete all good things Scottish. Burns Night usually consists of poetry readings, toasts and speeches (including one addressed to the haggis), and a formal sit-down meal. A typical menu, on the face of it, doesn't seem to offer much to the vegetarian, but with a few tweaks and substitutions it's possible to create a warming, almost authentic Burns Night meal. You could start with a hearty soup: either a vegetarian version of cock-a-leekie (as in my book, *Meat-free Any Day*; see page 68) or you could make a creamy leek and potato chowder, using smoked garlic, to replace the cullen skink.

The centrepiece is, of course, the haggis. MacSween, who are one of the most renowned haggis makers in Scotland, have been making a vegetarian version since 1984 and now around 25 per cent of their total haggis production is veggie. It's easy to make your own too – as you will see with my recipe,

which has a lovely spicy, pepperiness – and serve with 'tatties and neeps' (potatoes and swede), which are normally 'bashed' (mashed). For pudding, you could use frozen or bottled Scottish raspberries to make cranachan or a whim wham (both a light mix of toasted oatmeal, heather honey and whipped cream, with or without the whisky). If you want something even more indulgent, make a Topsy Laird, which is essentially a trifle with whisky instead of sherry. You could finish with oatcakes and Scottish cheeses.

If it all sounds a little staid, you could take a leaf out of our friends' book. A couple of years ago they decided to mix it up a bit. Deep in the French countryside, testing the 'Auld Alliance', they planned a real party with Celtic music, dancing and games to celebrate Dave's Scottish ancestry. When they sent out the invitations, they asked everyone to bring a plate of 'Scottish finger food'. Set this challenge – and facing Dave's rather lukewarm appreciation of a vegetarian diet – I created this fun kebab-style haggis dish for the party. Roasting really brings out the flavours of the haggis, swede, onion and potato. You can make them as big or as small as you like, but adjust the cooking times accordingly. It's easy to cater for a crowd, just double or treble the quantities. All the initial preparation can be done the day before: simply assemble the

ranks of haggis on their sticks in a roasting pan and keep in the fridge until you finish them in a hot oven, just before serving. If you prefer, you could deep-fry the haggis balls (no Mars bar jokes, please) and serve them with bowls of very creamy mashed swede and potato on the side.

And the best postscript? As we were leaving at the end of the evening, Dave stood in his kilt, mellowed by the whisky, and said thoughtfully, 'I think I preferred yours to my real haggis.' A compliment indeed!

## ABOUT SARAH

*A Vegetarian Living* regular, Sarah is the author of seven cookbooks. She has been vegetarian since she was 17 and revels in the pleasure of good food through the alchemy of cooking. She has appeared on *BBC Food & Drink*, *This Morning* and *Woman's Hour* and has been shortlisted for the prestigious Guild of Food Writers Cookery Journalist of the Year award in 2013 and 2015.

FOLLOW ON TWITTER @sarahbeattiegara



PHOTOGRAPH: LILLIRU



*A typical Burns Night menu doesn't seem to offer much to the vegetarian, but with a few tweaks and substitutions it's possible to create an almost authentic meal*

## Baby haggis on a stick V \*

Serves 20 | Prep 30 mins | Cook 45 mins

For the haggis:

2 tbsp oil  
300g finely chopped onion (about 2-3 medium onions)  
700g frozen vegetarian mince  
2 tsp ground coriander  
2 tsp ground mace  
2 tsp freshly grated nutmeg  
generous amount of black pepper  
1 tsp salt  
300g oatmeal  
250ml vegetable stock  
100g vegetable suet

To serve:

2 medium swede, peeled and cut into 1cm-thick slices  
10 egg-sized potatoes (red ones are best, not too floury), peeled  
12 small onions, cut into quarters or eighths (depending on size)  
oil, for roasting  
2 tbsp whisky (optional)

**1** To make the haggis mixture, heat the oil and fry the onion slowly until it starts to colour and soften. Add the mince, spices and seasoning and cook, stirring, until it has completely defrosted. Season well.

**2** Add the oatmeal and stock and mix well. Cook until thick and sticky. Check the seasoning, then take off the heat and mix in the suet. Allow to cool.

**3** Take a spoonful of the haggis mixture and roll into a ball with wetted hands. Repeat until all the mixture has been made into balls. You can make any size you prefer - I aim for golf-ball size. Stand the balls in a steamer and cook over boiling water for 15 minutes. Cool and then chill.

**4** Parboil or steam the swede for 10 minutes.



BABY HAGGIS ON A STICK

PHOTOGRAPH: SARAH BEATTIE 2015

Cool and cut into rounds with a small pastry cutter. Parboil the potatoes whole, then cut into 1cm slices.

**5** To assemble the haggis, spear a piece of onion on to a wooden skewer, then thread on a slice of potato, a haggis ball and a swede disc. Place in an oiled roasting tray. Repeat with the rest of the ingredients. Drizzle a little oil over each skewer and put in the fridge until ready to cook.

**6** Preheat the oven to 200C/fan 180C/gas 6. Roast for 20-25 minutes, basting

occasionally, until the vegetables are nicely browned around the edges. Just before the haggis are done, drizzle a little whisky over them, if desired, and return to the oven. Serve hot.

■ PER HAGGIS 216 cals, fat 10.5g, sat fat 2.5g, carbs 23.5g, sugars 4.5g, protein 8g, salt 0.4g, fibre 6g

**govegan**

V Some veggie minces are vegan and some are not. If unsure, check packaging.





## Your new kitchen bible!

Need fresh inspiration for the new year? *Vegetarian Living's* popular food writer Sarah Beattie has created a mouthwatering collection of over 150 exciting recipes using seasonal ingredients, with everything from simple and budget-friendly midweek meals to lavish dishes for gatherings and special occasions, plus a range of delicious desserts. *Meat-free Any Day* is also the ideal gift for a vegetarian or vegan friend who loves to cook and needs some new ideas.

For a taste of what the book has to offer, try Sarah Beattie's easy and thrifty vegan lentil and tomato soup, which uses everyday storecupboard staples to make a hearty lunch.

Follow Sarah on Twitter @sarahbeattiegra

### Lentil and tomato soup

This is a type of traditional Portuguese soup called *ensopada*. Bread is always placed in the bowl and it then soaks up the liquid, thickening the soup and making it more substantial.

**Serves 4 | Prep 7 mins**  
**Cook 50 mins**

**3 tbsp olive oil**  
**1 large onion, roughly chopped**

**2 cloves garlic, crushed**  
**2 sticks of celery, including the leaves, finely chopped**  
**300g carrot, peeled and diced**  
**1 bay leaf**  
**150g green or grey lentils, washed**  
**1kg tomatoes, chopped**  
**1 litre water**  
**salt and pepper**  
**8 slices of crusty bread (it's fine if the bread is stale)**  
**2 tbsp chopped parsley**

- 1 Heat the oil in a heavy-based saucepan and fry the onion, garlic, celery and carrot over a moderate heat for 7 minutes. Stir frequently so the ingredients cook evenly.
- 2 Add the bay leaf, lentils, tomatoes and water and bring to the boil. Cover and simmer for 40 minutes until the lentils are soft. Season to taste.
- 3 Lay slices of bread in the base of each soup plate or bowl. Ladle over the *ensopada*, sprinkle with the parsley and serve immediately.

Recipe taken from *Meat-free Any Day* by Sarah Beattie (Select Publisher Services, £14.99).



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East meets West in these tempting tea-based recipes, so switch your traditional cuppa and cakes for matcha lattes and vibrant green treats next time you're hosting an afternoon tea party.

.....

# IT'S GOOD TO BE GREEN

.....



ALMOND  
MATCHA  
LATTE



## THE PERFECT BREW

Ideally, because matcha is a green tea, the water you use shouldn't be boiling, it should be about 80C. Unless you have a fancy kettle that boils at different temperatures, you're unlikely to be able to heat

your water so precisely, so you should just click your kettle off before it boils or allow it to sit for a few minutes after it's boiled, before adding to the tea. That way, the temperature will be just right.

## Almond matcha latte

**Serves 1 | Prep/cook 5 mins**

1 tsp matcha  
a little not-quite-boiled water  
(see The perfect brew, above)  
squirt of agave nectar  
sprinkle of ground cinnamon  
grating of nutmeg  
200-250ml almond milk  
(dependent on cup size)

**1** In a mug, make a paste of the matcha and water using a hand-held whisk (the small electric kind works well). Next, add the agave nectar and spices.

**2** Now, make your almond milk hot and frothy. If you have a coffee machine with a steamer, you can use that. Otherwise, heat your milk in the microwave or on the hob and use a hand-held whisk to get it frothy.

**3** Transfer the milk to your mug, mix with the matcha paste and serve.

**COOK'S TIP** You can also make this with dairy or other non-dairy milks. Add vanilla extract, sugar or coconut sugar to sweeten instead of the agave nectar, if you prefer, and decorate with an extra sprinkling of the spices.

■ PER SERVING 82 cals, fat 4.5g, sat fat 1g, carbs 4g, sugars 4g, protein 6.5g, salt 0g, fibre 1.5g

## WHAT IS MATCHA?

If you're more of a builder's brew kind of person, you may not have come across matcha before. This increasingly fashionable ingredient is made from natural, organic green tea leaves that have been carefully ground to form a fine powder. Because you consume the leaves themselves – rather than discarding the leaves or tea bag – you get a more concentrated dose of the tea's natural nutrients, including antioxidant flavonoids and the amino acid L-theanine, which is believed to improve alertness and concentration.

Matcha has been drunk in Japan as part of the tea ceremony for almost 900 years, and is used by Buddhist monks to keep them alert, awake and focused during long days of meditation.

Until fairly recently, virtually all matcha has been consumed within Japan, but it's becoming increasingly popular in the UK and can be drunk traditionally – simply whisk into hot water to make a smooth tea – or it can be added to 'shots' of juice, blended into a smoothie or used in all kinds of baking, desserts and even ice cream.



PHOTOGRAPHY: CHARLOTTE TOLHURST





## Green tea pound cake \*

Roger Pizey knows a thing or two about cakes and we love his version of this delicious cake (taken from his book *World's Best Cakes*), where the subtle flavour of the Japanese green tea infuses a Western pound cake – with fabulous and colourful results.

**Serves 10 | Prep 10 mins | Cook 50 mins**

**375g plain flour**  
**1 tsp baking powder**

**2 tbsp matcha**  
**275g butter, softened**  
**275g caster sugar**  
**4 free-range eggs, beaten**

**1** Preheat the oven to 170C/fan 150C/gas 3. Grease and line a 25cm long x 8 x 8cm deep loaf tin with baking parchment.

**2** Sift the flour, baking powder and matcha together into a bowl.

**3** Cream the butter and sugar together until light and fluffy, and then slowly add the

eggs, mixing in a little flour halfway through. Add the rest of the flour mixture and mix together until fully combined.

**4** Turn the mixture into the prepared tin and bake in the oven for 40–50 minutes. Allow to cool for 10 minutes in the tin, then turn out on to a wire rack and strip off the baking parchment.

■ PER SERVING 482 cals, fat 25g, sat fat 15g, carbs 59.5g, sugars 29.5g, protein 8.5g, salt 0.7g, fibre 1.5g



## Matcha, chocolate and ginger tiramisu

Why use coffee when you can use tea? Especially when you could use chocolate tea and matcha. In this delicious twist on the traditional tiramisu, the tea flavours work a treat with the creamy mascarpone, and the ginger gives an extra yummy kick.

**Serves 8**

**Prep 20 mins + infusing and chilling**

150ml water

4 chocolate flake tea temples  
(or other chocolate wholeleaf mesh tea bags)

250g plain sponge, chocolate cake or green tea pound cake (see recipe, opposite)

2 free-range eggs, separated

3 tbsp golden caster sugar

½ tsp vanilla extract

500g mascarpone

1 knob stem ginger, finely chopped (optional)

**For decoration:**

cocoa powder

matcha

**1** Pour the measured water into a small pan and bring to the boil. Pop in the chocolate tea temples (or wholeleaf mesh bags, if using), then remove the pan from the heat and leave to infuse for 15 minutes. Squeeze out the tea temples and transfer the liquid into a shallow dish.

**2** Cut the cake into eight 2cm-long fingers. Dip each finger into the tea mixture, then use these to line a dish, evenly pouring over any remaining tea.

**3** In a bowl, beat the egg yolks with the sugar and vanilla until light. Beat in a little of the mascarpone and then beat in the rest with the chopped stem ginger.

**4** In a separate bowl, whisk the egg whites until they reach soft peaks. Beat one-third of the whites into the

mascarpone mixture and then gently fold in the rest. Spoon this mixture over the soaked cake in the dish.

**5** Dust with cocoa, sprinkle with a little matcha powder, cover and set aside to chill in the fridge for at least 1 hour before serving.

■ PER SERVING 471 cals, fat 37.5g, sat fat 24g, carbs 27.5g, sugars 20g, protein 7g, salt 0.5g, fibre 0.7g



Recipes adapted from *The Book of Tea* by Louise Cheadle and Nick Kilby (Jacqui Small, £20). Photography by Charlotte Tolhurst.



MATCHA,  
CHOCOLATE  
AND GINGER  
TIRAMISU



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# SOMETHING FOR EVERYONE

Love your leftovers with Hugh Fearnley-Whittingstall's simple ideas, plus quick dishes for busy families who still want to eat well.



BAVARIAN  
RAHM-  
SCHWAMMERL  
.....  
PAGE 83

PHOTOGRAPH: CHAVA EICHNER



# HUGH'S THRIFTY COOKING

*Hugh Fearnley-Whittingstall urges us to join the liberating leftovers revolution, by getting creative with food that might otherwise be thrown away, to reduce waste, save money and make surprisingly delicious and inventive food that even your kids will love!*

## Oaty banana drop scones

I'm a big fan of drop scones served buttered, with fat slices of banana and a sprinkling of cinnamon on top. We often have them for weekend family breakfasts or cosy Sunday teas. But when I have some brown, speckled, softening bananas that aren't quite up to being showcased in that way, I like to fold them into the scone batter so I can still capitalise on all their lovely, fruity flavour.

**Serves 6 | Prep 15 mins | Cook 30 mins**

100g plain flour  
1 tsp baking powder  
pinch of salt  
80g rolled oats  
1 large free-range egg, lightly beaten  
150ml milk  
40g butter, melted  
1 large, very ripe banana (the skin should be flecked with brown)  
2 tbsp clear honey  
a little sunflower oil, for frying

To serve (optional):  
butter  
caster sugar, to sprinkle  
pinch of ground cinnamon  
slices of banana (a perfect specimen, if you have one!)

**1** Sift the flour, baking powder and salt into a large bowl. Add the oats and mix well, then make a well in the centre. In a jug, beat together the egg, half the milk and the melted butter. Mash the banana and honey together in a separate small bowl.

**2** Gradually pour the egg mixture into the well in the flour and oats, whisking to combine. Using a large spoon, fold in the banana and honey, then gradually stir in some more milk, stopping when you have a batter with the consistency of very thick cream. You may not need all the milk.

**3** Heat a large non-stick frying pan over a medium heat and add a little splash of oil. Rub with a thick wad of kitchen paper to lightly oil the pan.

**4** You'll need to cook the drop scones in batches. Pour some batter into the pan – to form discs about the size of a digestive biscuit, spacing them apart. After a couple of minutes, bubbles will start to appear on the surface. Flip them over and cook for a further 3–4 minutes.

**5** Transfer the cooked drop scones to a warm plate and cover with a clean tea towel. Keep warm while you cook the rest, greasing the pan a little more if necessary and adjusting the heat if they're browning too quickly. You should get about 20 drop scones from the mixture.

**6** Serve while hot, spread with butter and topped, if you like, with a sprinkling of sugar, a little cinnamon and slices of (your best) banana.

■ PER SERVING 262 cals, fat 12.5g, sat fat 5g, carbs 35g, sugars 11.5g, protein 5.5g, salt 0.7g, fibre 2g

## TIPS & SWAPS

Add a pinch of ground cinnamon, a few gratings of nutmeg or some lemon or orange zest to the batter.





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*'I want to show you that leftovers cuisine is an area as broad and exciting as any other. You can be just as creative and inventive with ingredients you have dabbled with already, as with pristine items freshly bought'*

---



OATY BANANA  
DROP SCONES



## 'Arancini' patties

If you have some leftover risotto, one of the most delicious things you can do with it is transform it into these Italian-style fried rice balls. They're good quite plain with just some cheese worked into them, or with other scraps of leftover veg mixed in. Authentic arancini are deep-fried and have a molten centre of mozzarella, but these simple patties are much less fuss to assemble and easy to shallow-fry.

**Makes 6 | Prep 20 mins | Cook 30 mins**

250–350g cold cooked risotto

50–70g vegetarian Parmesan-style cheese or other hard cheese, grated  
cooked veg, such as mushrooms or courgettes, chopped small, and/or peas

soft herbs, such as parsley, dill, lovage, chervil and/or chives, chopped (optional)

1 free-range egg, beaten, to bind (if needed)

salt and freshly ground black pepper

**For the coating:**

some plain flour

1–2 free-range eggs, lightly beaten (optional)

couple of handfuls of fine breadcrumbs (optional)

**For frying:**

sunflower oil

**1** Tip the cold risotto into a bowl and stir in the cheese. Add any extra scraps of cooked veg that you think will work well. Add some chopped herbs if you like, taste, then season with more salt and pepper if necessary.

**2** Mix everything together well. It should be sticky enough to hold together, but add a little beaten egg to bind if needed.

**3** Roll the mixture into walnut- to golf-ball-sized balls, then flatten lightly to form plump patties.

**4** Dust the patties with flour, and, if you want to go the whole crispy-coating hog, dip them in beaten egg, then into fine breadcrumbs – but just flouring them is fine, too.

**5** Heat about a 1cm depth of oil in a large, non-stick frying pan over a medium-high heat. Shallow-fry the arancini patties, in batches if necessary, fairly gently until golden brown on the outside and piping hot in the centre. Serve immediately.

■ PER SERVING 253 cals, fat 13.5g, sat fat



4g, carbs 25g, sugars 1g, protein 10.8g, salt 1.7g, fibre 2g

## TIPS & SWAPS

To make large arancini with a surprise centre, take 2 patties (before flouring them), make a dimple in the middle of each and spoon a tasty filling into one of them (cubes of mozzarella or blue cheese; fried mushrooms, with cooked peas; or cooked spinach and pine nuts, mixed with soft goat's cheese). Place the non-filled patty, dimple-side down on top, then squish the 2 patties together to seal in the filling and make a single, fat patty. Repeat with the rest. Fry as above and serve piping hot.

## Lemon and yogurt pudding cake

This is a version of that cosy favourite, lemon delicious pudding. On cooking, the batter separates, leaving a pool of

lemon curd-y sauce at the base of the dish and a tender, light sponge on top. The recipe makes great use of slightly mature yogurt. If you don't have quite enough, simply combine the yogurt with some whole milk to bring it up to 250g.

**Serves 6 | Prep 20 mins | Cook 50 mins**

40g butter, melted and cooled, plus extra to grease the dish

160g caster sugar

3 large free-range eggs, separated  
finely grated zest and juice of

2 unwaxed lemons

3 tbsp self-raising flour

½ tsp baking powder

250g thick Greek-style or other natural wholemilk yogurt (less than fresh is fine)

icing sugar, to finish

**1** Preheat the oven to 180C/fan 160C/gas 4. Lightly butter a 1.5-litre ovenproof dish.

**2** Using an electric hand mixer, or





LEMON AND  
YOGURT  
PUDDING CAKE



free-standing mixer, beat together the butter and sugar until light, pale and fluffy, about 5 minutes, scraping the bowl down with a spatula a couple of times. Beat in the egg yolks and lemon zest, then sift the flour and baking powder together over the batter and lightly fold in.

**3** Whisk together the yogurt and lemon juice, then gently stir this mixture into the pudding batter until just combined.

**4** Whisk the egg whites in a scrupulously clean bowl until they form soft peaks then gently fold into the

lemon mixture, using a metal spoon.

**5** Spoon the mixture into the prepared dish. Stand the dish in a roasting tin and carefully pour in boiling water from the kettle to come halfway up the sides of the dish. Bake for about 50 minutes until the pudding is puffed up and lightly golden on the top – it should still have a slightly tender wobble to it.

**6** Carefully remove from the oven, then lift the pudding out of the roasting tin. Leave to stand for 5 minutes before serving. Dust with icing sugar to serve. Hand round a jug of double cream or a

bowl of thick fresh yogurt for everyone to help themselves.

■ PER SERVING 314 cals, fat 13.5g, sat fat 7.5g, carbs 43.5g, sugars 31.5g, protein 7.5g, salt 0.6g, fibre 0.6g



Recipes adapted from *Love Your Leftovers* by Hugh Fearnley-Whittingstall (Bloomsbury, £20). Photography by Simon Wheeler.



# Home cooking with Chava

While previous generations had more time to spend in the kitchen, today's busy parents need quick solutions that are still delicious and nutritious.



'Are you a better cook than your mother?' What a cheeky question, I thought when I stumbled across it on social media. Interesting, though. It certainly made me smile.

I run the risk that my own mum will read this, but I am confident that I'm a better *meat-free* cook! I'm also much faster in my meal preparation than she is. Oma (that's 'grandma' in German) Esther takes her time to create a meal. Her food has wonderful, complex flavours that shine through as you (hungrily!) devour each tasty mouthful. She's a fantastic cook... but, when we're with her, I make sure the kids have had a little snack before lunch to keep them going.

In my own life, I know I just don't have that kind of time to create these culinary masterpieces on a daily basis. It got me thinking how much our cooking style has changed in the space of just one generation. When I grew up, many of my friends had one parent (usually the mother) staying at home. Having both parents working was still unusual in Germany. Fast-forward to today and family life that relies on two incomes has become much more the norm everywhere.

So it's no surprise that even the most passionate cooks will find themselves taking shortcuts when it comes to midweek meals. I certainly don't make puff pastry from scratch like my mum. However, even with time constraints, it's still easy to have a fantastically varied, vegan diet that keeps us fit and healthy.

We need to be realistic and find solutions and recipes that tick all the delicious and nutritious boxes, without us having to put in all the hours that our mothers and grandmothers did. There are many exciting and time-saving ingredients on hand today to make life easier. Whether it's a decent blender or ready-minced herbs – let's use them!

I also heartily recommend meal planning, particularly if you are making some good healthy-eating resolutions this year. Whether it's more greens, less salt, more raw – a good meal plan can really help you stick to it. And I'll make sure I inspire you with lots of tasty family meals each month for the year ahead. Happy 2016!

*'Even the most passionate cooks will find themselves taking shortcuts when it comes to midweek meals'*



HUNGARIAN GOULASH

## Hungarian goulash

This easy goulash makes a warming, budget meal for cold wintery nights. Instead of soaking the dried soya chunks in stock, I always like to add it directly to my stews or sauces. It soaks up the delicious flavours and cuts out the extra soaking time. Just make sure you adjust the amount of liquid and seasoning you add to your meals.

**Serves 4 | Prep 10 mins | Cook 35 mins**

2 tbsp olive oil  
2 red onions, finely chopped  
2 peppers, deseeded and diced  
2-3 cloves garlic, crushed  
50g large dried soya chunks  
400g can tomatoes  
2 tbsp tomato purée  
300ml water  
2 tsp vegetable stock powder

1 tsp paprika  
½ tsp smoked paprika  
1 sprig of fresh rosemary

**1** Heat the oil and slowly sauté the onions until softened. Add the peppers, stir in the crushed garlic and cook for another 5 minutes.

**2** Now add the soya chunks, tinned tomatoes, tomato purée and water. Season with the stock powder, paprika, smoked paprika and fresh rosemary.

**3** Simmer the goulash gently over a medium heat for 25 minutes, until the sauce has thickened. Serve with jacket potatoes or rice.

**COOK'S TIP** You could use ½ teaspoon of dried rosemary, if you don't have any fresh herbs to hand.

■ PER SERVING 149 cals, fat 7g, sat fat 1g, carbs 15g, sugars 12.5g, protein 9g, salt 2g, fibre 5g



## Bavarian rahmschwammerl

Having written about my mum's great cooking, I've got to share this popular and very traditional German stroganoff-style recipe with you. If you head for the Bavarian alps you'll be certain to find this dish on the menu of any chalet or mountain restaurant. It's quick, easy and a tasty winter warmer for the whole family.

**Serves 4 | Prep 10 mins | Cook 15 mins**

2 tbsp dairy-free margarine  
1 onion, chopped  
500g mixed mushrooms (e.g. button and chestnut mushrooms), sliced  
500ml vegetable stock  
100ml white wine  
20g fresh parsley, finely chopped  
3 tbsp cornflour  
250ml dairy-free cream  
pinch of nutmeg  
plenty of black pepper and salt

**1** Melt the margarine in a large pan and sauté the onion over a medium heat until softened. Add the mushrooms, cover, and cook for about 5 minutes.

**2** Stir in the stock, wine and chopped parsley and keep simmering for a few more minutes.

**3** Use a little soya milk or wine to make a smooth paste with the cornflour. Add this paste and the cream to your pan. Keep stirring continuously until the sauce has thickened. Season with nutmeg, pepper and salt to taste.

**4** This dish is often served with a traditional German dumpling, but for a quick family meal we like to eat it with rice and a leafy salad.

■ PER SERVING 283 cals, fat 17g, sat fat 7.5g, carbs 27g, sugars 5.5g, protein 4g, salt 1.1g, fibre 2.2g



## Oat and apricot crumble cakes

These little cakes are particularly popular with my boys for an after-school snack. The fruit layer looks lovely, but you can just as easily mix all the ingredients together for a tasty bake.

**Makes 10 | Prep 20 mins | Cook 20 mins**

125g dairy-free margarine  
1 tsp ground cardamom  
125g rolled oats  
150g self-raising wholemeal flour  
75g soft brown sugar  
2 tbsp sesame or sunflower seeds (optional)

125g dried apricots, finely chopped  
30g dried cranberries  
75ml orange juice  
zest of 1 orange

**1** Preheat the oven to 170C/fan 150C/gas 3.

**2** Melt the margarine and stir in the cardamom. Mix in the oats, flour, sugar and seeds (if using).

**3** For the fruit filling, simmer the apricot and cranberries in the orange juice. Add the orange zest and keep stirring until the apricots have become soft.

**4** Divide two-thirds of the oat mixture between 10 silicone (or non-stick) muffin cases. Push down firmly with the back of a teaspoon into each case. Add a layer of the fruit and cover with the remaining oat mix, pushing down gently.

**5** Bake in the oven for 20 minutes or until golden brown. Allow to cool on a wire rack.

■ PER CAKE 248 cals, fat 11.5g, sat fat 2.5g, carbs 32.5g, sugars 13.5g, protein 4g, salt 0.3g, fibre 2.5g

### ABOUT CHAVA

Chava Eichner is a freelance food writer and photographer who passionately creates for Viva!, Animal Aid and National Vegetarian Week, among many others. She lives in the Cotswolds with her partner David and two young boys, Sam (8) and Alex (6). Visit her website and blog to find more mouth-watering food inspiration at [www.flavourphotos.com](http://www.flavourphotos.com).

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# Back to nature

## Bird's the word

The RSPB is calling all bird lovers to watch and count their garden birds for the annual RSPB Big Garden Birdwatch on 30–31 January. Now in its 37th year, the survey provides valuable information about the changes in numbers of birds using our gardens during winter.

Continuing declines include starlings and song thrushes, which have dropped by an alarming 80 and 70 per cent respectively since the Birdwatch began in 1979, while the house sparrow remains the most commonly spotted bird in our gardens, although its numbers have also dropped by 57 per cent since 1979.

Daniel Hayhow, RSPB conservation scientist, said: 'Last year's survey saw more than 8.5 million birds spotted, making it another great year for participation. With

over half a million people now regularly taking part, coupled with over 30 years' worth of data, Big Garden Birdwatch allows us to monitor trends and helps us understand how birds are doing.

'As the format of the survey has stayed the same, the scientific data can be compared year-on-year, making your results very valuable. With results from so many gardens, we are able to create a "snapshot" of bird numbers across the UK. Once we know which birds are in trouble, together we can ensure that our garden wildlife will be around forever.'

As well as counting their feathered friends, the RSPB is also asking participants to log some of the other wildlife they see in their gardens and green spaces, such as hedgehogs, foxes, stoats and squirrels.

HELP



The survey is part of the RSPB's Giving Nature a Home campaign, aimed at tackling the housing crisis facing the UK's threatened wildlife. The charity is asking people to provide a place for wildlife in their own gardens and outside spaces – including putting up a nest box for birds, creating a pond to support a number of different species or building a home for a hedgehog. The Big Garden Birdwatch is just one of the steps you can take to help nature near you.

● For more information on Big Garden Birdwatch 2016, visit [rspb.org.uk/birdwatch](http://rspb.org.uk/birdwatch).

## EAT TO THE BEET

If one of your New Year's resolutions is to get more vegetables into your children's diet, these sweet little loaves will please both you and them! Beetroot adds a mild note of earthiness and makes these cakes incredibly moist too.

### Chocolate and beetroot mini loaf cakes

Makes 12 | Prep 30 mins | Cook 25 mins

200g light muscovado sugar  
100ml sunflower oil  
3 large free-range eggs  
1 tsp vanilla paste  
225g peeled and cooked beetroot (about 2–3 beetroot), blended to a purée  
200g dark chocolate (60–70% cocoa solids), melted and cooled  
50g ground almonds  
115g self-raising flour  
½ tsp bicarbonate of soda  
½ tsp baking powder  
pinch of salt

For the icing:

50g dark chocolate (60–70% cocoa solids), chopped  
25g butter  
40ml sweetened condensed milk  
2 tbsp golden corn syrup

- 1 Preheat the oven to 180C/fan 160C/gas 4.
  - 2 Put the sugar, oil, eggs and vanilla in a large mixing bowl and whisk until frothy. Add the puréed beetroot, melted chocolate and ground almonds and whisk again until fully mixed. Sift the flour and raising agents, and add the salt before folding in.
  - 3 Pour the batter into 12 greased mini loaf moulds and bake in the preheated oven for 20–25 minutes, or until an inserted skewer comes out clean. Transfer the loaves, still in their moulds, to a wire rack to cool completely.
  - 4 To make the icing, simply melt and stir all the ingredients together in a heatproof bowl suspended over a pan of barely simmering water, until smooth and glossy. Drizzle the icing over the top of the cakes and enjoy.
- COOK'S TIP** If using a 900g loaf pan, simply adjust the baking time to 45 minutes–1 hour, or until an inserted skewer comes out clean.
- PER CAKE 362 cals, fat 19g, sat fat 6g, carbs 43g, sugars 35g, protein 5g, salt 0.6g, fibre 1.5g

COOK



Recipe adapted from *Deliciously Chocolatey* by Victoria Glass (Ryland Peters & Small, £16.99). Photography by Dan Jones.

PHOTOGRAPH: DAN JONES

READER OFFER



### COCOA LOCO!

Vegetarian Living readers can buy *Deliciously Chocolatey* for the special price of £11.99, including p&p. Call 01256 302699 and quote reference GLR EB8.





## FABULOUS FRUIT

Finding appropriate snack foods for children can be a challenge – especially if you have fussy eaters who find plain fruit ‘boring’. Fruit Heroes is a range of natural raw fruit bars with no added sugar, colours, preservatives, sulphur dioxide or gluten, and they’re vegan too, which makes them ideal for occasional snacks on-the-go and lunchbox treats.

Fruit Heroes can also be used in granola, fruit pop cakes (pictured)



SNACK

and other recipes. For more ideas, visit [www.fruitheroes.co.uk](http://www.fruitheroes.co.uk).

● *Fruit Heroes are available in strawberry, blackcurrant, banana, and apple & raspberry flavours as single bars or five-bar multipacks from Tesco, Holland & Barrett, Tree of Life, One Stop, Amazon and selected health stores.*

## ANIMAL MAGIC

BUY

British homeware and accessory designer Donna Wilson has launched a cute collection of melamine plates, bowls and cups featuring her playful watercolour animal illustrations. Perfect for adding the fun factor to children’s mealtimes, and ideal for campfire feasts and picnics later in the year.

● *Plate £6.90; bowl £7.90; cup £5.50 from [www.donnawilson.com](http://www.donnawilson.com).*



## Season with a reason

TASTE

Little Dish, which creates healthy meals for young children, has come up with some great ideas to make food more tasty without the need for added sugar and salt. It’s never too early to introduce herbs, spices and other delicious seasonings.

- Squeeze half a lemon on to steamed broccoli florets or green beans – put the kids in charge of squeezing!
- Introduce herbs by putting chives in an omelette (let them snip the chives into the egg mix) or add torn basil leaves to homemade pasta sauces.
- Toast pumpkin seeds

- and let them sprinkle them on to roasted veggies, or roll their steamed carrots in sesame seeds.
- Slice a vanilla pod open, add the aromatic seeds to plain yogurt and serve with their favourite fruit.
- Stew rhubarb with ginger or apple with cinnamon, for delicious



compotes to serve with yogurt or porridge.

● *For more ideas go to [www.littledish.co.uk](http://www.littledish.co.uk).*

DO

## LEARN ABOUT GROWING, RECYCLING AND WILDLIFE

### Kitchen garden

It may not be perfect weather for gardening outside, so why not set up your own indoor veg plot? Our gardening editor Alice Whitehead has lots of ideas for growing micro veg on page 32 – you can try everything from pea shoots to carrot tops. For younger children, making cress heads is easy and fun – rinse out eggshells or small yogurt pots and decorate with funny faces. Pop a layer of damp kitchen towel topped with damp cotton wool in the eggshell or pot and sprinkle over the seeds. Put in a sunny spot and your characters will sprout cress ‘hair’ in less than a week!



### Naturalist’s journal

If your family is planning to join in the RSPB’s Big Garden Birdwatch, children can prepare for the event by making their own wildlife journal or scrapbook to record their sightings. They can then use the books to make notes of wildlife they spot on family walks and outings, and store interesting finds such as feathers, leaves and shells, plus drawings of any animal tracks, flowers and insects they spot. A hardback, spiral-bound notebook or scrapbook is ideal – and remind them to make a note of the date, time and location of all their sightings!



### A little note

If your children’s bedrooms are overflowing with toys they received at Christmas, set them a challenge to make their own thank-you cards using recycled materials. The post-Christmas period is an ideal time to find scraps of wrapping paper, tissue and foil, old cards, ribbon and lots more colourful bits and bobs that are ideal for a session of creative collage making. Grandparents and other friends and relatives will love to receive their handmade appreciation for this year’s presents, and by turning ‘trash into treasure’ it also encourages children to think about the value of recycling too.







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PHOTOGRAPH: CLARE WINFIELD/KATE DAVIS-MACLEOD

# MINDFUL MEALS

If you're planning to make healthy changes to your diet, try our delicious breakfast recipes to get every day off to a fantastic start.



A nutritious breakfast is the best way to stick to any healthy-eating resolutions. Try James Duigan's deliciously different protein-packed ideas to reinvent your most important meal of the day.

#### ABOUT JAMES

Renowned wellness guru and personal trainer, James Duigan is the man behind Bodyism, London's premier health and wellness centre and the author of the Clean & Lean series of cookbooks. Go to [www.cleanandlean.com](http://www.cleanandlean.com) to find out more about the clean and lean lifestyle through diet and exercise.



# Rise & shine!

## Lemon and coconut chia pudding

If you're a lover of lemon this is for you. There are endless variations you can make for your chia pudding – have a look at my website to get inspired.

**Serves 1 | Prep/cook 5 mins + chilling**

250ml unsweetened almond milk/  
coconut milk

2 tbsp chia seeds

1 tbsp desiccated coconut

1 tbsp stevia or xylitol

1 tbsp coconut yogurt

1 tsp ground cinnamon

1 tsp vanilla extract

zest of 1 lemon

1 tbsp coconut chips

fresh berries, to serve

**1** Put all the ingredients except the coconut chips and berries into a bowl. Mix very well and then leave to set in the fridge overnight.


**2** When you're ready to serve, preheat the oven to 180C/fan 160C/gas 4 and toast the coconut chips on a baking tray for a few minutes, making sure they don't burn.

**3** Sprinkle the toasted chips over the pudding along with the berries and serve.

**COOK'S TIP** If you need a 'breakfast on-the-go', clean an empty jam jar and rustle up your chia pudding straight into it. Store in the fridge overnight.

■ PER SERVING 430 cals, fat 34.5g, sat fat 18.5g, carbs 14.5g, sugars 10g, protein 16g, salt 0.1g, fibre 11.5g

**govegan**

 Choose a yogurt made entirely of coconut and no dairy.



LEMON AND COCONUT  
CHIA PUDDING

*'A refreshing lemony start to energise your day'*

PHOTOGRAPHY: CLARE WINFIELD/KATE DAVIS-MACLEOD





GREEN  
GOODNESS

## Green goodness

Simple, delicious and an oasis of green goodness. Treat your digestive system to a holiday with this abundant alkalising dish. This breakfast has been inspired by my visits to Australia. I think Australia is the world capital of delicious breakfasts!

**Serves 2 | Prep/cook 15 mins**

coconut oil, for frying  
2 cloves garlic, crushed  
4 tenderstem broccoli florets  
6 asparagus spears, chopped  
3 handfuls of kale, chopped  
1 courgette, sliced  
juice of ½ lemon  
2–4 free-range eggs  
½ avocado, chopped  
sea salt and freshly ground black pepper

**1** Heat a frying pan over a low heat and melt the coconut oil. Add the crushed garlic and cook for about 1 minute.

**2** Stir in the broccoli, asparagus, kale and courgette. Squeeze the lemon juice into the pan and season with salt and pepper.

**3** Meanwhile, poach the eggs (use the freshest eggs you can find). Put a pan over a high heat and pour in enough water to come about halfway up the pan. Bring to a simmer and crack the eggs directly into the pan (if you want to be really careful you can crack them into a cup first, one at a time, and

then tip them into the water). Poach for about 3–4 minutes, until cooked to your liking.

**4** Once the eggs are cooked, fill the bowls with the sautéed veg, scatter the avocado over, top with the poached eggs and season with salt and pepper.

■ **PER SERVING** 287 cals, fat 22g, sat fat 8.5g, carbs 5g, sugars 3.5g, protein 17g, salt 1.5g, fibre 7g

**go vegan**

**V** Green goodness tastes just as delicious without the poached eggs – gorge away vegans!



HOME-BAKED BEANS ON RYE



## Home-baked beans on rye

When you hear baked beans are good for you, this is what they mean – a great breakfast that contains a good mix of protein, fat and carbohydrates. Of course, if you want to up the protein you can always throw a couple of cooked eggs on top.

**Serves 2 | Prep 5 mins | Cook 15 mins**


coconut oil, for frying  
1 onion, chopped  
2 cloves garlic, crushed  
400g can cannellini beans  
400g can chopped tomatoes  
1 tbsp tomato purée  
1 tbsp maple syrup  
1 tbsp tamari sauce  
1 tbsp vegetarian Worcestershire sauce (see cook's tip, right)  
1 tsp paprika  
2 slices rye bread, toasted  
sea salt and freshly ground black pepper

**1** Heat a saucepan over a medium heat and add the coconut oil. Once melted, add the onion and sauté for a few minutes until softened, then add the garlic and stir.  
**2** Add the beans and chopped tomatoes, followed by the tomato purée, maple syrup, tamari sauce, Worcestershire sauce and paprika. Simmer for 5–10 minutes and season to taste. Serve on slices of toasted rye bread.

**COOK'S TIP** Worcestershire sauce often contains anchovies, so opt for a brand like Henderson's Relish for a similar flavour.

■ PER SERVING 322 cals, fat 7g, sat fat 5g, carbs 52.5g, sugars 25g, protein 13.5g, salt 3g, fibre 13.5g

## govegan

 Vegans should ignore the cooked eggs serving suggestion.

## Apple, pear and rosemary pancakes

Use seasonal fruit and herbs to pep up a batch of pancakes. A more indulgent breakfast that's the perfect treat for a weekend brunch.

**Serves 4 | Prep/cook 20 mins**

1 apple, peeled, cored and cut into 8 segments  
1 pear, peeled, cored and cut into 8 segments  
2 free-range eggs, lightly beaten  
200ml almond milk or full-fat milk  
200ml cream or coconut milk  
1 tbsp coconut flour  
55g butter  
1 sprig of rosemary, leaves separated and chopped  
sea salt and freshly ground black pepper

APPLE, PEAR AND ROSEMARY PANCAKES



**1** Put the apple and pear segments into a small bowl with a tiny pinch of salt and mix.  
**2** In another bowl, mix your eggs, milk, cream and coconut flour. Season and whisk lightly.  
**3** Melt the butter in a non-stick frying pan over a medium heat and fry the apples and pears lightly with the rosemary leaves.  
**4** Once the fruit is beginning to turn golden, pour in the batter and swirl it around so that it spreads out evenly, covering all the fruit. Cook for about 2 minutes, or until the edge of the pancake is starting to brown and pull away from the edges of the pan. Flip the pancake and continue to cook for about 2 minutes, until the bottom is lightly brown and cooked through.

■ PER SERVING 309 cals, fat 26g, sat fat 17g, carbs 11.5g, sugars 10.5g, protein 8g, salt 1.4g, fibre 2.5g



Recipes adapted from *Clean and Lean for Life: The Cookbook* by James Duigan with Maria Lally (Kyle Books, £19.99).  
Photography by Clare Winfield and Kate Davis-Macleod.



# Delicious dinners to go!

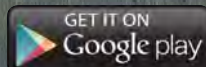
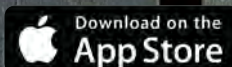
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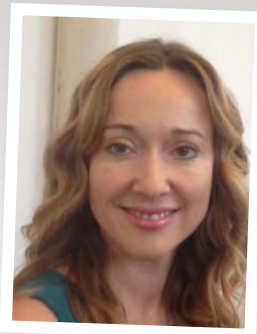
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# » Be happy



BY SARA NIVEN,  
BEAUTY EDITOR

**January can feel like something of an anticlimax after the holiday season, so opt for an instant uplift with feelgood beauty suggestions.**



#### IT WORKS FOR ME

Kim Allan, founder of natural and organic beauty brand distributor Botanical Brands, gives us an insight into her personal beauty boost:

‘When my mood is low on dark wintry mornings, I use an aromatic body oil when I shower. It’s fast and easy (although you do need to be careful not to slip) and a great pick-me-up. I always choose organic and certified oils, and my favourites are warming ones at this time of year. They smell wonderful, stimulate the senses and also work a treat on aching muscles.’



## 3 INSTANT BEAUTY BOOSTS

### Massage or facial

There’s something incredibly revitalising about an hour of complete pampering, so if you were lucky enough to get a beauty voucher or money as a gift for Christmas, this is one good way to use it. For a boost on a budget, check out local beauty colleges who often offer cut-price treatments for training purposes.

### Professional makeover

Having a professional do your make-up with different products is a great way of getting new ideas, putting a spring in your step and avoiding the beauty rut we all often fall into. Book at a department store beauty counter or just ask a competent friend to make you up for a fresh take on your current look. It may give you both a giggle, which is a beauty boost in itself!

### Hair cut or colour

There’s nothing more instantly uplifting than a new cut or hair colour. Be brave and try a completely new do for 2016, or at least just get a shape up and conditioning treatment. For a DIY hair makeover, you could try one of Herbatint’s ammonia-free hair colours, which are registered with the Vegan Society (£9.50 from [www.hербatint.co.uk](http://www.hербatint.co.uk)).



### All made up

Poppy Treffry’s gorgeous animal-themed make-up and washbags will put a smile on your face. There’s everything from penguins, cats and dogs, with prices from £19. [www.poppytreffry.co.uk](http://www.poppytreffry.co.uk)



## Beat the winter blues

Sometimes there can be more serious reasons for why we may feel in low spirits during the winter months, as leading health management expert Dr Sally Norton explains.



SAD (Seasonal Affective Disorder) is a type of depression related to changes in seasons and levels of natural light, and usually begins and ends around the same times every year. It's not that uncommon – we all tend to feel a bit fed-up as the nights draw in and after the excitement of Christmas has passed. What's more, it appears that around a third of us are deficient in vitamin D during the winter months due to too little sunshine and this may impact on mood too. To help lift your spirits, try the following:

**SEE THE LIGHT** Get out in natural sunlight as often as possible – even if it is just for a 30-minute walk in your lunch break. Our bodies' natural response to light can affect our appetite, energy levels and mood, so increasing how much light you are exposing yourself to could help to improve your SAD symptoms.

**GET ACTIVE** The increase in endorphins when exercising can help you feel better by flooding your body with those feelgood chemicals, so keep active – preferably outdoors in natural light (see above), but anything helps.

**EAT WELL** We know how the foods we eat can affect our weight, but they can affect our mood too. Make sure you are providing your body with a healthy, balanced diet and both your weight and your mood could swing in the right direction.

**KEEP CALM** High stress levels will heighten any depressive feelings you're having. Where possible, try to avoid stressful situations and take steps to manage your stress levels generally.

If you feel your situation is more extreme or these steps don't help, then there are treatments available, so speak to your GP. And don't forget to focus on the pleasures winter can bring – crisp, frosty mornings, sitting by a roaring fire in the local pub and delicious, home-cooked warming soup, to name just a few!



**1** Awaken your senses with the Green People's Limited Edition Lemongrass & Ginger Body Wash, which doubles up as a luxury bubble bath. There's also a matching Body Lotion blended with shea butter, perilla seed and evening primrose to slather on after bathing.

Body wash, £7.50, body lotion, £12.95, both from [www.greenpeople.co.uk](http://www.greenpeople.co.uk)



**2** If you're trying to avoid the real thing, Philosophy's deliciously scented Birthday Girl Vanilla Birthday Cake is calorie-free(!) and vegan, and triples up as a shampoo, shower gel and bubble bath.

£14.50 online from [John Lewis and Boots](http://JohnLewisandBoots.com), or visit [www.philosophyskincare.co.uk](http://www.philosophyskincare.co.uk)

**3** Leave hair sweet-smelling and soft with Happy Happy Joy Joy Conditioning Hair Perfume from Lush. With uplifting neroli and grapefruit oils, this is a gorgeously scented light conditioner containing almond milk. We also like their Lifted cream eyeshadow – a butter yellow sunshine shade to brighten your peepers. Both are vegan-friendly.

Hair perfume from £9.95, Lifted cream eyeshadow, £14.50, both from [www.lush.co.uk](http://www.lush.co.uk)



**4** Willow's Tonka Bean & Anti-oxidant Radiant Energy Bath & Shower Oil combines energising lemon and green mandarin to uplift, alleviate stress and boost vitality levels – and it's vegan-friendly too.

£34 from [www.willowbeautyproducts.co.uk](http://www.willowbeautyproducts.co.uk)

**5** Get an instant hit of sunshine on dark mornings with a citrusy spritz of The Body Shop's new Satsuma Body Mist, and combine with the matching shower gel and body butter for the full zingy effect.

Body mist, £7.50, shower gel, £4, body butter, £5, all from [www.thebodyshop.co.uk](http://www.thebodyshop.co.uk)



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# vegetarian LIVING

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FROM FRESH BY DONAL SKEHAN (HODDER & STOUGHTON)  
PHOTOGRAPH: DONAL SKEHAN

## Family favourites

FEBRUARY ISSUE, ON SALE 14 JANUARY

## USEFUL CONVERSIONS

Use these handy conversion guides to help you out in the kitchen. For readers in Australia or the USA who prefer to use cup measurements, try an online converter, like the user-friendly calculator at [www.theonlineconverter.co.uk](http://www.theonlineconverter.co.uk).

### WEIGHT

10g	¼oz	700g	1lb 9oz
25g	1oz	800g	1lb 12oz
50g	1¾oz	900g	2lb
75g	2¾oz	1kg	2lb 4oz
100g	3oz		
125g	4½oz		
150g	5½oz		
175g	6oz		
200g	7oz		
225g	8oz		
250g	9oz		
275g	9¾oz		
300g	10½oz		
325g	11½oz		
350g	12oz		
375g	13oz		
400g	14oz		
425g	15oz		
450g	1lb		
500g	1lb 20z		
600g	1lb 5oz		



### OVEN TEMPERATURES

Celsius	Fahrenheit	Gas mark
110	225	¼
130	250	½
140	275	1
150	300	2
170	325	3
180	350	4
190	375	5
200	400	6
220	425	7
230	455	8

### VOLUME

30ml	1fl oz
50ml	2fl oz
100ml	3½fl oz
125ml	4fl oz
150ml	5fl oz (¼ pint)
175ml	6fl oz
200ml	7fl oz
300ml	10fl oz (½ pint)
400ml	14fl oz
500ml	18fl oz
600ml	1 pint
700ml	1¼ pints
850ml	1½ pints
1 litre	1¾ pints
1.2 litres	2 pints

SOURCE: Guild of Food Writers





## TEA TO GO

Klean Kanteen®'s mission to find and replace single-use items knows no bounds! Their insulated tumblers aim to replace years of single-use cups while handily out-performing plastic and paper – a toast both to health and sustainability! Whether you prefer to take out a green tea or a smoothie, the Klean Kanteen insulated tumblers work perfectly. Made from durable

food-grade stainless steel and BPA-free, they are designed to last and travel safely where glass can't go, and the double-wall vacuum insulation and electropolished stainless steel won't impart or retain flavours – so today's green tea won't taste of yesterday's smoothie.

● £19.95 from [www.whitbyandco.co.uk/](http://www.whitbyandco.co.uk/) **klean-kanteen**.

## VITAMIN BOOST

Do you suffer from headaches, tiredness or stress? Take a free Vitamin Deficiency Test courtesy of G&G Vitamins to assess your lifestyle and find out which vitamins and minerals could be lacking in your diet. Your FREE, no obligation test will be evaluated by a qualified practitioner for dietary and – should you need it – supplementary advice.

● Available at [www.gandgvitamins.com](http://www.gandgvitamins.com) or call 01342 312 811.



## SPORTS DAY

Ecozone's brand new Pro-active Sports Wash laundry detergent is specially formulated to fight typical sports stains and odours from sweat, dirt, grass, clay and blood, even at low temperatures. After washing, your sportswear will be coated in an odour-resistant barrier which protects your clothes from absorbing unpleasant smells, leaving them fresh-smelling for longer.

● £5.99 from [www.ocado.com](http://www.ocado.com).



# THE ESSENTIAL COLLECTION

*A shopping guide to the latest products for your vegetarian or vegan lifestyle...*



## SOYA SIZZLERS

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All their sausages are free from GMO ingredients, palm oil, hydrogenated fats and artificial preservatives.

● £2.55 from [www.goodness-direct.co.uk](http://www.goodness-direct.co.uk) and from independent health food shops. Find out more at [www.plant-based-foods.ie](http://www.plant-based-foods.ie).



## SCRUBBED TO PERFECTION

Made with natural bamboo grains, exfoliating Face Cleansing Scrub has quickly proved a popular addition to Handmade Naturals' skin care range. Perfect for gently removing impurities, leaving your skin clean and moisturised, this scrub is vegan, organic, 100% natural and certified cruelty-free.

● £9.75 from [www.handmadenaturals.co.uk](http://www.handmadenaturals.co.uk).



## CLEAN & GREEN

Greenfrog Botanic's vegan-friendly, UK-made bodywash is based on organic soapberries grown in the mighty Himalayan Mountains, where for centuries they have been used in Ayurvedic medicine for treating eczema, psoriasis and sensitive skin. This unique soap base has been mixed with moisturising and nourishing aloe vera, plus calming geranium and peppermint essential oils, which produces a wonderfully gentle product that cleans, protects and moisturises, while also being free from palm oil, parabens and SLS.

● Greenfrog Botanic Bodywash, Geranium & Peppermint, £8.40 (2 for £15) from [www.ethicalsuperstore.com](http://www.ethicalsuperstore.com). Enter code X2VEGO at the checkout and get £2 off your order (offer ends 31 January 2016).



# vegetarian LIVING



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[veganuary.com](http://veganuary.com)

**Kick-start the New Year and pledge to try vegan for the month of January!**

Veganuary.com supports you every step of the way with 100s of recipes, meal plans, restaurant and product guides to make your Veganuary healthy, easy, fun and delicious!

 **VEGANUARY**

Photography by [www.mrinalvalleyfarmsanctuary.org](http://www.mrinalvalleyfarmsanctuary.org)

## Vegetarian Society Cookery School gift vouchers



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Alex Bourke and Marco Silenzio of Vegetarian Guides review the Catalan capital's 50 vegetarian eateries.

## BARCELONA

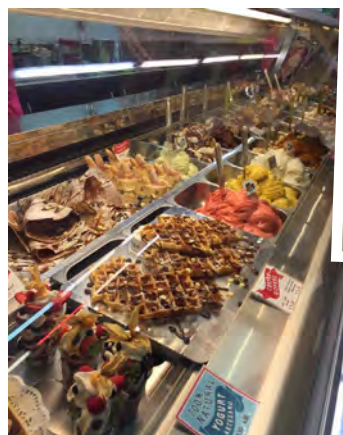
Barcelona is one of Europe's best cities for a vegetarian weekend break. Tapas restaurants are on every street – try traditional veggie soups such as gazpacho and *salmorejo*, *pimientos de padrón* deep fried peppers, and *setas* mushrooms grilled with garlic, oil and white wine. Antoni Gaudi's extraordinary, colourful Modernist buildings are everywhere, such as the La Sagrada Familia church, and the city is bursting with art museums including the Picasso, Miró, Catalan, and Contemporary. You can relax on sandy beaches, have coffee in the Gothic quarter, take a guided bike tour, and dance till dawn.

**Veggie Garden** in the Raval old city, and a new bigger branch near Plaça de Catalunya, are fabulous vegan restaurants serving three courses with bread and wine for just €8.50, plus à la carte and a juice bar. Nepali chefs create authentic Indian, Spanish and European cuisine like salads, baba ganoush, gazpacho, *fideuà* Catalan paella with thin short noodles instead of rice, steamed Chinese ravioli, thali, seitan, lasagne, quiche and 'meat' balls. Desserts include

chocolate cream, apple crumble and apple cake.

**Biocenter** and **L'Hortet** are organic vegetarian restaurants in the same street near Plaça de Catalunya and Las Ramblas. Both are amazing value at €10 for a four-course buffet lunch, or €15 table service evenings and weekends. Fill up with soup, an unlimited salad bar, a dish of the day and a dessert. At Biocenter, for instance, you can have seitan kebabs with sweet and sour sauce, Thai-style tofu, or cashew raw lasagne, and tempt your sweet tooth with apple pie or banana and coconut cake.

At **CatBar**, near the cathedral, tap and bottled local craft beers are all vegan, as is the food. Daily specials are gluten-free, such as Tex-Mex Tuesday, Wokki Wednesday, or Faux-Fish



Friday with deep-fried battered tofu in seaweed. Bean, hemp and Mexican burgers come with patatas bravas, chips or green salad (€8.50). Finish with chocolate cake or raw cheesecake with fruits of the forest. There's a piano where anyone can take a turn, and live guitar Thursday to Saturday from 11.30pm.

### Also recommended...

- **Bar Celoneta Sangria Bar** is a sun-worshipper's dream: a bar and vegan restaurant just off Barceloneta beach, with tapas, raw, burgers, and meaty tempeh and seitan options to delight the non-veggies.

- **Dolce Pizza** does a large thin-crust Four Seasons pizza (€8) with almond vegan cheese, and vegan desserts like tiramisu.

- **Gelaaati di Marco**, in the Barri Gòtic, specialises in dairy-free gelato like rice dark chocolate, coconut, avocado, cinnamon, liquorice or coffee.



- **BlueProject** art café, next to Parc de la Ciutadella, is the place for gourmet raw versions of pizza, pasta and cakes.

- **Feria Vegana** is a monthly vegan food fair where you can meet and eat with Marco Silenzio, and find clothes, bags, cosmetics and talks in Spanish.



### NEED TO KNOW

#### Veggie Garden

Facebook: Veggie Garden

#### Biocenter

[www.restaurantebiocenter.es/en](http://www.restaurantebiocenter.es/en)

#### L'Hortet

[www.hortet-restaurant.com](http://www.hortet-restaurant.com)

#### CatBar

Facebook: Cat Bar CAT

#### Bar Celoneta

Facebook: Bar Celoneta Sangria Bar

#### Dolce Pizza

[www.dolcepizzaylosveganos.com](http://www.dolcepizzaylosveganos.com)

#### Gelaaati di Marco

[www.gelaaati.com](http://www.gelaaati.com)

#### Café BlueProject

[www.blueprojectfoundation.org/en/el-cafe-en](http://www.blueprojectfoundation.org/en/el-cafe-en)

#### Feria Vegana

Facebook: Feria Vegana

### ABOUT ALEX

Alex Bourke is the publisher of Vegetarian Guides to London, the British Isles and Paris. Visit his website at [www.vegetarian.travel](http://www.vegetarian.travel) for book extracts, links to veggie travel websites for many countries, and a calendar of vegan festivals.







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